

WELLNESS

FOR BERGEN COUNTY

WELLNESS SELF-ASSESSMENT

On the chart below, rank you and/or your family's overall satisfaction in achieving each of the eight dimensions of wellness.

Rank on a scale of 1 to 5, 5 being the highest and 1 being the lowest.

Consider why you are choosing each ranking. Think about your strengths in addressing each dimension of wellness, as well as why and how you might improve in certain categories. Refer to the strategies listed on www.healthybergen.org/wellness to gain helpful ideas on addressing wellness.

Dimension	Ranking
Body	
Emotions	
Knowledge	
Environment	
Work	
Finances	
Beliefs	
Connection	



See Page 2 for Dimension Descriptions

Wellness connects all aspects of health. In your life, do you see any relationships between certain dimensions based on how you ranked them?

Examples:

- The Finances Dimension might affect how an individual feels about spending time with friends, family and community members, or participating in social and recreational activities (Connection).
- The Body Dimension might suffer if the individual is using harmful coping mechanisms to manage stress (Emotions).
- Someone may use creative outlets (Knowledge) as a healthy stress management technique (Emotions).

WELLNESS

FOR BERGEN COUNTY



Wellness connects all aspects of health!

body

Visiting a healthcare provider regularly • Exercising and eating healthy • Avoiding cigarettes and substance abuse
Getting the appropriate amount of sleep • Making time for relaxation

emotions

Being aware of feelings • Coping with stress • Building resilience and healthy decision making • Expressing feelings through support systems

knowledge

Being open to expanding intellect and skills • Embracing ideas and creativity

environment

Occupying safe, healthy and stimulating environments that support well-being • Fostering a community that is inclusive of all people and appreciates diversity

work

Gaining personal enjoyment and enrichment through work (paid or unpaid, volunteering or school)

finances

Having satisfaction with current and future financial situations

beliefs

Exploring greater purpose and meaning in life • Being excited about opportunities the future holds

connection

Developing satisfying and supportive relationships with friends, family and community members • Participating in social and recreational activities



For more information contact Marla Klein at mklein@co.bergen.nj.us