

Emotional Wellness: understanding your own feelings and expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges

	Never	Rarely	Sometimes	Usually
1. I find it easy to express my emotions in positive, constructive ways	1	2	3	4
2. I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation)	1	2	3	4
3. I am resilient and can bounce back after a disappointment or problem	1	2	3	4
4. I am able to maintain a balance of work, family, friends and other obligations	1	2	3	4
5. I am flexible and adapt or adjust to change in a positive way	1	2	3	4
6. I am able to make decisions with minimal stress or worry	1	2	3	4
7. When I am angry, I try to let others know in non-confrontational or non-hurtful ways	1	2	3	4

Total

28

Environmental Wellness: recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

	Never	Rarely	Sometimes	Usually
1. I recognize the impact of my actions on my environment	1	2	3	4
2. I recognize the impact of my environment on my health	1	2	3	4
3. I am aware of and make use of campus health, wellness, and safety resources	1	2	3	4
4. I practice environmentally conscious behaviors (e.g., recycling)	1	2	3	4
5. I seek out ways to improve the social environment at Princeton	1	2	3	4
6. I contribute towards making my environment a safer and healthier place	1	2	3	4
7. I surround myself with people who support me in my journey of being healthy and well	1	2	3	4

Total

27

Emotional Wellness: understanding your own feelings and expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges

	Never	Rarely	Sometimes	Usually
1. I find it easy to express my emotions in positive, constructive ways	1	2	3	(4)
2. I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation)	1	2	3	(4)
3. I am resilient and can bounce back after a disappointment or problem	1	2	3	(4)
4. I am able to maintain a balance of work, family, friends and other obligations	1	2	3	(4)
5. I am flexible and adapt or adjust to change in a positive way	1	2	3	(4)
6. I am able to make decisions with minimal stress or worry	1	2	3	(4)
7. When I am angry, I try to let others know in non-confrontational or non-hurtful ways	1	2	3	(4)

Total

28

Environmental Wellness: recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

	Never	Rarely	Sometimes	Usually
1. I recognize the impact of my actions on my environment	1	2	3	(4)
2. I recognize the impact of my environment on my health	1	2	(3)	4
3. I am aware of and make use of campus health, wellness, and safety resources	1	2	3	(4)
4. I practice environmentally conscious behaviors (e.g., recycling)	1	2	3	(4)
5. I seek out ways to improve the social environment at Princeton	1	2	3	(4)
6. I contribute towards making my environment a safer and healthier place	1	2	3	(4)
7. I surround myself with people who support me in my journey of being healthy and well	1	2	3	(4)

Total

27

Physical Wellness: making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety				
	Never	Rarely	Sometimes	Usually
1. I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).	1	2	3	4
2. I get 6-8 hours of sleep each night	1	2	3	4
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.)	1	2	3	4
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC $\leq$.06	1	2	3	4
5. I avoid using tobacco products or other drugs	1	2	3	4
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)	1	2	3	4
7. I get regular physical exams (i.e., annual, when I have atypical symptoms)	1	2	3	4

Total

26

Social Wellness: building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict				
	Never	Rarely	Sometimes	Usually
1. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others	1	2	3	4
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices	1	2	3	4
3. I feel supported and respected in my close relationships	1	2	3	4
4. I communicate effectively with others, share my views and listen to those of others	1	2	3	4
5. I consider the feelings of others and do not act in hurtful/selfish ways	1	2	3	4
6. I try to see good in my friends and do whatever I can to support them	1	2	3	4
7. I participate in a wide variety of social activities and find opportunities to form new relationships	1	2	3	4

Total

28

Spiritual Wellness: having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life, and acting in alignment with those beliefs				
	Never	Rarely	Sometimes	Usually
1. I take time to think about what's important in life – who I am, what I value, where I fit in, and where I am going	1	2	3	4
2. I have found a balance between meeting my needs and those of others	1	2	3	4
3. I engage in acts of caring and goodwill without expecting something in return	1	2	3	4
4. I sympathize/empathize with those who are suffering and try to help them through difficult times	1	2	3	4
5. My values are true priorities in my life and are reflected in my actions	1	2	3	4
6. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community)	1	2	3	4
7. I feel like my life has purpose and meaning	1	2	3	4

Total

28