

		Infrequently or none of the time (1)	Rarely (2)	Sometimes (3)	Fairly Often (4)	Most of the time (5)
<b>Physical</b>	I am getting between 6-10 hours of sleep per night					
	I have the energy I need to complete my daily tasks without being overly fatigued most days.					
	I eat a balanced diet.					
	I engage in physical activity or exercise regularly (e.g. count steps or 30 minutes 3-5 times weekly)					
	I get medical care when I have a-typical symptoms and have access to preventative care when needed.					
	I feel safe in my living environment.					
	<b>TOTAL Points:</b>					
<b>Social</b>	I participate in a wide variety of social activities and engage in opportunities to be in relationship with others.					
	I have at least one person that I can talk to honestly about struggles that I may be experiencing.					
	If I am in need of support, I am aware of safety, health, and wellness resources on campus that I can use.					
	I feel supported and respected in my close relationships.					
	I consciously and consistently try and work on behaviours or attitudes that have caused problems in my interactions with others.					
	I am able to maintain a balance of commitments including work, school, friends and family and say no when I feel overwhelmed.					
	<b>TOTAL Points:</b>					
<b>Emotional/ Cognitive</b>	I make time in my schedule to engaged in hobbies, relax, and do things I enjoy.					
	I have positive ways of coping with stress and balancing my emotions.					
	I am able to recognize when I feel overwhelmed or stressed and take steps to manage that stress.					
	I generally feel optimistic about life and my future.					
	When I am angry or upset, I have established healthy ways of handling it.					
	I am able to think clearly, be curious, and contribute my talents to the world around me.					
	<b>TOTAL Points:</b>					
<b>Spiritual/ Meaning</b>	I am able to make my own decisions without being swayed by peers or outside influences.					
	I feel that God has created me to have meaning and purpose.					
	I am interested in learning and have goals for my future.					
	I feel connected to something larger than myself (e.g. God, nature, purpose in the world, etc.)					
	I am generally able to make decisions with minimal stress and good judgement.					
	I am able to see that life is more than current feelings or frustrations I may have.					
	<b>TOTAL Points:</b>					

If you scored between 6 -18 in any of the sections, consider utilizing resources on the Stepped Care Grid to allow you to grow in your Physical, Emotional, Social and Spiritual Wellness.

**If you scored 23-46** Your score indicates your wellbeing may be significantly below average. Check in with the resources in steps 5-8 to get more support.

**If you scored 46-66** Your score indicates your wellbeing may be below average. You may benefit from gaining more support. Check in with the resources offered in steps 3-7 to figure out an action step you can take for more support.

**If you scored 66-92** Your score indicates your wellbeing is in an average range. It seems like you have what you need. Consider checking in with the resources in steps 2-4 if you need more support.

**If you scored 92-115** Your score indicates your wellbeing is above average. Keep doing what you are doing to take good care of yourself.