

Lifestyle Assessments, Appraisals, & Inventories

A collection of assessment tools
taken from the *Structured Exercises*
in Stress Management and
Wellness Promotion series



WHOLE PERSON ASSOCIATES

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People are usually more willing to engage in the hard work of lifestyle change after they've examined their own lives and realized that change is needed. Rather than moving directly to instruction, it's often better to provide participants with an assessment tool and a process for considering their current situation.

This collection of lifestyle assessments, appraisals and inventories will help your audience identify their current lifestyle choices and evaluate their state of well-being. Each assessment tool is part of a complete exercise that will motivate participants in your groups to make healthful changes.

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The activities in this book were selected from 360 exercises contained in the ten volumes of *Structured Exercises in Stress Management* and *Structured Exercises in Wellness Promotion*, edited by Nancy Loving Tubesing and Donald A. Tubesing. Call for a catalog describing hundreds of resources or visit our Web site, www.wholeperson.com.



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Whole Person Health Appraisal

In this novel health appraisal process, participants draw on their own wisdom to assess their level of physical, mental, emotional, social, spiritual and lifestyle health. Participants then identify their personal health risk areas.

Goals

To raise participants' consciousness about the many aspects of health.

To appraise personal well-being from a whole person perspective.

To identify personal health risk factors in a variety of life dimensions.

Time frame

20–30 minutes

Materials needed

Whole Person Health Appraisal and Risk Factors worksheets for each participant.

Process

1. Introduce the concept of health appraisals and risk factors, describing the traditional health risk appraisal and contrasting the whole person appraisal process. During this chaltalk, you may want to include some or all of these ideas:
 - The traditional health risk appraisal focuses specifically on areas of health and risk in which researchers can provide quantifiable data.
 - Such appraisals rely on statistical correlations between death rates (or illness/accident incidence) and quantifiable physical qualities and habits.
 - The whole person appraisal offers another way to view health and risk factors. This appraisal taps into the internal wisdom of the individual rather than external data and focuses on all dimensions of well-being (including mental, emotional, social, spiritual and lifestyle issues), rather than primarily the physical.
 - Both types of appraisal provide feedback regarding personal risk factors as well as recommended actions a person can adopt to increase the probability of a longer, more satisfying life.
2. Distribute the **Whole Person Appraisal** worksheets and give instructions for completing the first part of the worksheet.

- First consider your physical health. Look at the items in the **physical** portion of the appraisal.
 - **Circle** anything that is a cause for concern in your life.
 - **Star** those items that signal wellness in your life.

Encourage people to add any additional significant qualities or attributes that occur to them.
- 3. Lead participants through the other five dimensions of the health assessment, describing each as you go along and allowing time for the circling and starring of appropriate items.
- 4. When everyone is finished, ask participants to reflect on the quality of their health in each separate dimension and to fill in the thermometer for each dimension, according to their judgment of their current health status in that area.

After participants have completed the mental, emotional, social, spiritual and lifestyle thermometers, they will have an overall picture of their whole person wellness in thermometer form.
- 5. Distribute the **Risk Factor** worksheet to participants and direct them to focus on potential risk factors in each dimension of well-being.
 - Identify one or more personal attitudes or habits in each dimension that increases your risk of future disease.

A “risk factor” is defined as any attribute, attitude, habit or behavior pattern that, if continued, is likely to cause problems and decrease the quality of your life in the future.
- 6. Ask participants to pair up with a neighbor, then give instructions for the consultation process.
 - You and your partner will act as personal whole person health consultants for one another. Decide who will act as consultant first. The other partner will be the client first.
 - **Clients**, begin by describing your **Whole Person Health Appraisal** to your partner/consultant. You will have about 5 minutes to tell your story and to identify 2 or 3 **Personal Risk Factors** that you would like to change.
 - Your **consultant** will then have five minutes to interview you further and help you formulate a plan of action that will reduce these risk factors.

Keep time for the group. Five minutes may seem like a long time for clients to share, but the value of insights is often directly related to the depth of reflection at this point. If necessary, remind consultants to “listen only” until the five-minute mark. After five minutes, interrupt and repeat the instructions for the consultants.
- 7. The partners switch roles (client becomes consultant) and repeat *Step 6*.

WHOLE PERSON HEALTH APPRAISAL

Circle the items with which you are not satisfied at present.
Star the items that signal your wellness.

PHYSICAL

smoking	caffeine intake	alcohol use	medication
weight	physical pain	sexual satisfaction	exercise
energy	body tension	body image	other _____
stamina	sleep patterns	diet habits	_____
strength	general health	attention I pay to my body	_____

MENTAL

alertness	poetic vision	memory	enthusiasm
creativity	know my field	wise	stimulating
new ideas	open-minded	capable	other _____
logical	consistent	curiosity	_____

EMOTIONAL

depressed	often anxious	can express feelings	happy
stability	often scared	can accept feelings	independence
sensitive	self-confidence	meet my own needs	content
grieving	feel secure	in touch with me	other _____
freedom	self-control	sense of success	_____

SOCIAL

friendship	handle conflict	meet people with ease	affectionate
intimacy	social graces	express needs to others	polite
outgoing	conversation ease	respond to others' needs	entertaining
respect	able to say "no"	relationship with spouse	relationship with kids
honesty	loyal/trusting	relationship with parents	dependence
tolerant	helpful	forgiveness	other _____

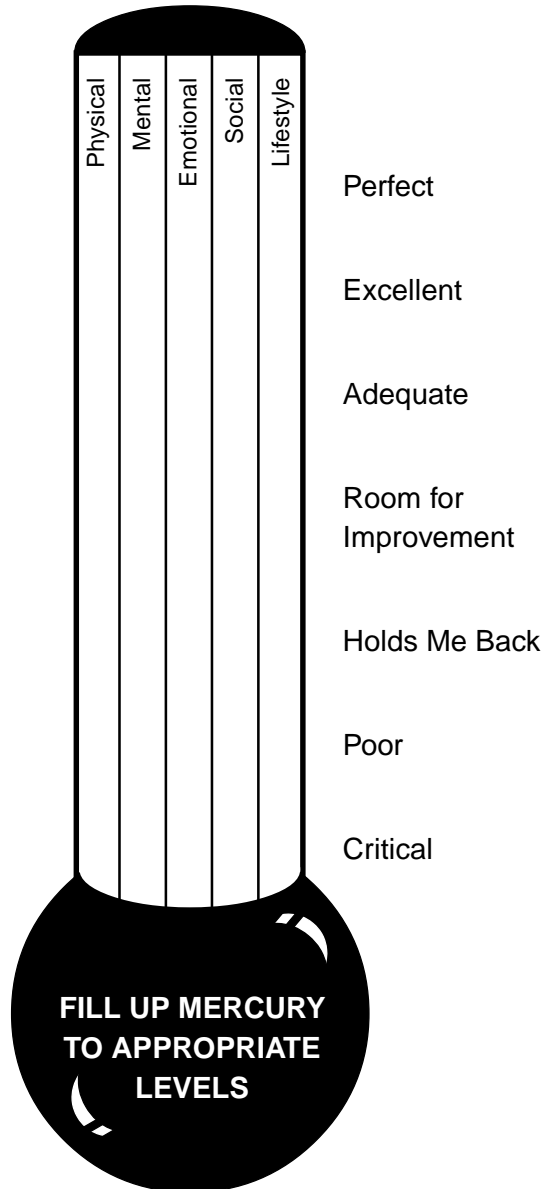
SPIRITUAL

hope	positive view	comfort with my death	commitment
meaning	feel forgiven	worthwhileness	direction
purpose	good example	in touch with God	surrender
values	worship life	sharing faith	other _____
faith	at peace	prayer/meditation	_____

LIFESTYLE

habits	moved recently	comfortable with aging	able to play
priorities	going too fast	manage money well	goal setting
courageous	trying too hard	appreciate beauty	successful
satisfied	able to relax	job satisfaction	other _____
orderliness	able to enjoy	decision making	_____

**MY STATE OF HEALTH
Thermometer**



My Personal Risk Factors

What factors in your current health picture and self-care pattern are presently causing difficulty in your life or are likely to cause problems in the future?

What patterns, if continued, will diminish the quality of your life one year from now? Ten years from now?

Physical

Mental

Emotional

Social

Spiritual

Lifestyle
