

**TA**

**Restorative Mediation & Wellness Centre**

**Empowering Lives,Resolving Conflicts,Promoting Justice and Nurturing Wellness**

**WELLNESS PROGRAM**

**Counseling & Wellness Questionnaire: Assessing the 8 Dimensions of Wellness**

**This questionnaire can be used to assess an individual's well-being and counseling needs across multiple dimensions:**

**Instructions:** Please rate each statement or question based on your current experiences and feelings. Use a scale of 1 to 5, where 1 = Strongly Disagree and 5 = Strongly Agree.

**1. PHYSICAL WELLNESS:**

1.1. I prioritize my physical health and engage in regular exercise and healthy eating habits.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1.2. I am proactive about seeking medical care and addressing any physical health concerns.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. EMOTIONAL WELLNESS:**

2.1. I am aware of my emotions and have healthy coping mechanisms for managing stress and difficult feelings.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.2. I feel comfortable expressing my emotions and seeking support when needed.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. SOCIAL WELLNESS:**

3.1. I have a supportive network of friends and family with whom I can openly communicate and share

experiences.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.2. I feel a sense of belonging and connection within my social circles and community.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4. INTELLECTUAL WELLNESS:**

4.1. I actively seek out opportunities for learning, personal growth, and intellectual stimulation.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.2. I feel intellectually engaged and fulfilled in my daily activities and pursuits.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5. OCCUPATIONAL WELLNESS:**

5.1. I find fulfillment and purpose in my work or daily activities, and I have a healthy work-life balance.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.2. I feel satisfied with my career path and have a clear sense of direction in my professional life.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6. ENVIRONMENTAL WELLNESS:**

6.1. I am mindful of my impact on the environment and actively engage in sustainable practices.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6.2. I feel a sense of harmony and connection with my physical surroundings and living environment.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7. SPIRITUAL WELLNESS:**

7.1. I engage in practices that nurture my spiritual well-being and provide a sense of purpose and connection.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7.2. I feel a sense of inner peace and connection to something greater than myself, and I have outlets for

spiritual exploration and growth.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8. FINANCIAL WELLNESS:**

8.1. I have a clear understanding of my financial goals and priorities, and I actively manage my finances.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8.2. I feel secure and confident in my financial situation and decision-making, and I have access to resources

for financial planning and support.

1 (Strongly Disagree) – 5 (Strongly Agree) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9. COUNSELING NEEDS:**

9.1. Have you ever sought counseling or therapy for emotional support or personal growth?

1 (Never) – 5 (Frequently) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9.2 Are there specific areas of your life where you feel counseling or therapy could be beneficial? If so, please

describe.

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**SCORING AND INTERPRETATION:**

After completing the questionnaire, the scores for each dimension can be tallied and used to identify areas of strength and areas for potential growth. The responses related to counseling needs can help identify specific areas where counseling or therapy may be beneficial for the individual's well-being.