

Self-Assessment for Holistic Health

We are designed by God as dependent beings who must acknowledge our weaknesses and rely on Him for strength and perseverance. When our weaknesses go untended, we can begin to grow weary and frustrated in our work and relationships. This assessment is designed to help you reflect on the various areas of your life in order to grow toward health.

Place a check next to all the statements that have applied to you over the past month.

Physical Health

- I have been feeling tired even after a full night's sleep.
- I struggle to fall asleep or stay asleep.
- I have not wanted to exercise.
- I notice muscle aches in my body that are not caused by exercise.
- I have problems with my digestive system that do not have a medical explanation.
- I am sometimes jumpy or jittery.
- I am less motivated to do things I enjoy.

Emotional Health

- I become angry over things that are seemingly small.
- My emotions seem flat as if I am checked out and unavailable.
- I am easily overwhelmed when stressful situations occur.
- I sometimes feel dread about the future.
- My feelings of worry or fear keep me from enjoying life.
- I have trouble finding joy in God and my community of faith.
- I am less happy to be with the people I love.

Psychological Health

- I notice that I am more pessimistic about life.
- Sometimes I avoid my emotions by escaping or shutting down.
- I have disturbing dreams that keep me from sleeping soundly.
- I struggle to make decisions, even over small things.
- I sometimes expect that something bad is about to happen.

_____ I don't feel very confident in my skills and gifts.

_____ I sometimes feel hopeless about life.

Spiritual Health

_____ My relationship with God seems distant.

_____ I have been avoiding my Christian community lately.

_____ Reading the Bible, prayer, and worship seem less meaningful than before.

_____ I struggle with trusting God for my future.

_____ I tend to automatically assume I am sinning when I feel distressing emotions.

_____ I have less patience with other people's problems.

_____ I find myself thinking God does not care or is punishing me.

Professional Health

_____ My work does not seem meaningful to me.

_____ My co-workers notice that I am less engaged in work activities.

_____ I have feelings of mistrust toward co-workers and/or supervisors.

_____ I sometimes wish I had a different job.

_____ I wonder if God is pleased with my work.

_____ My productivity has decreased at work.

_____ I think about work responsibilities even when I am home.

After completing this assessment, share your answers with a trusted friend, pastor, or counselor.

Keep in mind:

- *We are integrated beings. Our emotions, thoughts, bodies, and will are all essential elements of our life before God (Mark 11:29-31).*
- *Our emotions are meant to lead us toward a fuller and richer relationship with God (Psalm 55; Psalm 126) and others (Romans 12:15).*
- *God calls us to take care of ourselves and pay attention to what's happening internally (1 Corinthians 6:19; Galatians 6:1; 1 Timothy 4:7-16; Galatians 5:16-24).*