



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

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How am I Doing?

It is hard to believe that Spring Break 2025 is almost here, and that the final stretch to the finish line for the school year will begin soon after.

We invite you to do this... Look into your eyes in the mirror tonight when brushing your teeth and ask yourself: "How am I doing?"

- Will you answer this question with confidence?
- Will your answer be summarized with a general, "I am great... I am okay... I am tired..."
- Will you pause and think about the parts of your health that are doing well, and those that may need a little tender loving care over the break?
- Or, are you just not sure?

The answer to, "How am I doing?" can be complex and multifaceted; it is ideally viewed and assessed across different elements of well-being, including the First Nations perspective of wellness that encompass:

- Physical
- Mental
- Emotional
- Spiritual
- Financial
- Responsibility
- Intellectual/Wisdom
- Social/Relationships
- Lifestyle
- Fulfilment and Purpose

- Family
- Occupational
- Environmental/Land
- Community/Nations

We invite you to set aside 20 minutes for you and your well-being. There are some quick quizzes out there that can provide a high-level assessment of various aspects of your well-being. I tried a few, and found these three to be easy and quick to complete, as well as providing a summary right away:

- 1) The University of New Hampshire offers an [online Wellness Wheel quiz](#) that produces an immediate visual and narrative result – no need to wait for an email! While very high-level, the visual may give you the motivation to turn your attention to a particular well-being topic for a timely boost!
- 2) If you prefer a Canadian site, Manitoba Blue Cross has a [similar quick and visual assessment](#) as well. The only caveat is that some of the resources recommended – depending on your score – may only be available to folks in Manitoba and/or customers of Manitoba Blue Cross.
- 3) For those of us 50+, the BC Government has a [HealthyBC Self Assessment Tool](#) questionnaire that took me about 15 minutes to complete. The questions alone made me think about different aspects of health that had not been at the forefront of my thinking. The results provide you with links and resources across the different health areas depending, on your score. The areas covered include:
 - B.C. health system navigation and healthcare access
 - Emotional and physical wellbeing
 - Personal meaning and connection
 - Healthy lifestyle
 - Social wellbeing
 - Home and safety
 - Cognitive wellbeing and independence
 - Emergency preparedness

For those of you who do not want to do a quiz, this visual from The University of New Hampshire describes each well-being category. Consider choosing one area to focus on over the break to help improve your overall feeling of well-being.



<https://www.unh.edu/health/wellbeng-wheel>

Sources

[From Cedar to Sweetgrass: Let's Talk About Wellness](#)

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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpya.bc.ca.