



*Environmental wellness involves living in harmony with both natural and built spaces.*

*Wellness in this area means enjoying your surroundings, modifying them to suit you, and caring for the earth.*

## Environmental Wellness Assessment

On a scale of 1 to 10, how much do you AGREE or DISAGREE with these statements?

**1 = Strongly AGREE**      **10 = Strongly DISAGREE**

1. *I sleep in a space that has little distraction and supports **GOOD SLEEP HYGIENE**.*

1 2 3 4 5 6 7 8 9 10

2. *I have an **ORGANIZATION SYSTEM** that keeps my **LIVING SPACE** organized.*

1 2 3 4 5 6 7 8 9 10

3. *I have an **ORGANIZATION SYSTEM** that keeps my **WORK SPACE** organized.*

1 2 3 4 5 6 7 8 9 10

4. *The **COLORS** in my space are satisfying and bring me happiness.*

1 2 3 4 5 6 7 8 9 10

5. *There are **FAVORITE OBJECTS** in my space that are meaningful for me.*

1 2 3 4 5 6 7 8 9 10

6. *I have **PLANTS** in my environment.*

1 2 3 4 5 6 7 8 9 10

7. *The **LIGHT** in my space is good for my daily habits.*

1 2 3 4 5 6 7 8 9 10

8. *I have **SCENTS** in my space that are soothing or helpful to me.*

1 2 3 4 5 6 7 8 9 10

9. *The **TECHNOLOGY** in my space is helpful and not too distracting.*

1 2 3 4 5 6 7 8 9 10

10. *I spend time in **NATURE** in whatever way I can, given where I live and work.*

1 2 3 4 5 6 7 8 9 10

11. *I make an effort to reduce my waste by **RECYCLING OR REUSING** when I can.*

1 2 3 4 5 6 7 8 9 10





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## Considering Your Environment

Answer the questions below to reflect on your environment, how you could improve it, and how it can affect you.



## Your Built Environment

- 1. If you could do one thing to improve your human-made surroundings in a way that would support your wellness, what would it be?*
- 2. Pick a favorite object in your home. Write about why it feels important to you.*
- 3. Write a list of things you want to consider changing in your living space to help improve your mood.*



## Your Natural Environment

- 1. Write about something you love to do outdoors and ways you could do more of it.*
- 2. Weather can affect our moods. Describe how weather affects you and make a note of coping skills you can use to feel good, whatever the weather.*
- 3. Write about things you can do or would like to do to reduce waste.*



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## JOURNAL PROMPTS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a time when nature soothed you. What did you hear? Smell? Feel? What was your mood like because of this connection with nature?
2. If you live in a space or climate that affects your mood, discuss how you cope with that and what you have learned.
3. Visualize a perfect day spent in nature. What would you do? What would you see? What would the weather be like?
4. Think about your favorite spot in your home. Why is it your favorite spot? What items or conditions make it special to you?
5. Visualize your perfect bedroom. What would make it the best place for you to rest and relax?
6. What are some things that you can do at home that don't involve technology?
7. Think about a favorite sentimental object. Describe what it means to you.
8. Make a cleaning to-do list. Write solutions down to help you better organize yourself.

*Visit the [DBSA website](https://www.dbsa.org) for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.*

[DBSAAlliance.org/WellnessWheel](https://www.dbsa.org/WellnessWheel)

