



YOUR
HEALTH

 Dianne Hales



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PREFACE



If you have your health, you have everything.

This statement sums up the promise of *Your Health*. Designed to help readers live more fully, more happily, and more healthfully, *Your Health* is not just a book to be read; it is a tool students can use to make the most of their health and their lives.

Health involves every aspect of living—psychological, emotional, spiritual, physical, behavioral, environmental, and social. *Your Health* provides the basic knowledge and understanding of all these areas that students need for a lifetime of well-being. Every chapter emphasizes practical information they can use immediately, whether they're trying to cope with an emotional problem, eat more nutritiously, get in shape, improve their relationships, practice safer sex, avoid harmful habits, or prevent long-term health risks.

Your Health is a book about and for students—about their minds and bodies, their needs and wants, their past and their potential. Its goal is to show students that they have more control over their lives and well-being than anything or anyone else does. Now and in the future, their health is their most important asset—and one of their greatest responsibilities. *Your Health* helps them face that responsibility by developing their decision-making skills.

Your Health talks directly to students but never talks down to them. Its tone is friendly; its style is easy to read. Real-life examples and case histories help readers see the connections between what they read and how they live.

Your Health has been created by the same team that produced the four editions of the leading college health textbook, *An Invitation to Health*. We realized that some instructors want the same positive approach, accurate information, and consistent em-

phasis on behavioral change that *An Invitation to Health* offers, but in a more concise book.

Your Health is shorter than *An Invitation to Health* (by about 145 pages) and zeroes in on practical applications of knowledge and on the issues that most touch students' lives. With a simpler vocabulary and writing style, it is the ideal length and level for brief health or wellness courses and classes that highlight the essentials of personal health.

Like its concept, the design of *Your Health* is innovative. Throughout the book, dynamic full-color photographs and colorful graphics make the text visually enticing for students. With dramatic images and bright colors, *Your Health* is as fresh and exciting to the eye as it is to the mind.

INSIDE YOUR HEALTH

To involve readers right from the start, *Your Health* begins with a "Wellness Inventory" that assesses every dimension of well-being. Its six sections, divided into eighteen chapters, present key concepts in health in a logical, comprehensive manner. Here is a brief outline of what *Your Health* offers:

SECTION I YOUR MIND

1. Making the Most of Your Health

Key topics: Defining health, the promise of wellness, the mind-body-spirit connection, spiritual health, taking charge of your life, making choices and changes, the payoffs of prevention.

2. Taking Care of Your Mind

Key topics: Psychological wellness, personality theories, self-understanding, decision-making, challenges of daily living, psychological problems (including eating disorders, phobias, panic attacks, depression, and suicide), seeking help, feeling better.

3. Meeting the Challenges of Stress

Key topics: Understanding stress and its sources, its impact on the body, techniques for defusing stress, stress management, relaxation skills, tackling test stress.

SECTION II YOUR BODY**4. Eating Wisely and Well**

Key topics: Healthful eating, the basic food groups, eating to prevent disease and boost good health, nutritional controversies, controlling weight, overcoming obesity, beyond dieting.

5. The Joy of Fitness

Key topics: Shaping up, flexibility, aerobic fitness, muscular strength and endurance, the benefits of exercise, designing a fitness program, the dangers of steroids, preventing injuries.

SECTION III YOUR SEXUALITY**6. Your Relationships**

Key topics: Communication skills, living alone, at home or with a partner, dating, choosing a mate, marriage, two-career couples, parenthood, new forms of family ties, building better relationships.

7. Sexual Health and Behavior

Key topics: Women's and men's sexual health, sexual development, gender differences, homosexuality, bisexuality, sexual activities, safer sex, overcoming sexual problems, sexual assault.

8. Reproductive Choices

Key topics: The beginning of life, a comprehensive guide to birth control options, abortion, the process of pregnancy, giving birth, infertility, adoption.

SECTION IV YOUR LIFESTYLE**9. Drug Use and Abuse: Recognizing the Risks**

Key topics: Understanding drug use, misuse and abuse, the making of a drug habit, prescription and non-prescription drugs, psychoactive drugs (including the latest research on cocaine, crack, crank, ice, marijuana, and other illegal drugs), overcoming addiction.

10. Alcohol: Responsible Drinking

Key topics: Changes in drinking patterns, moderate drinking, how alcohol affects the body and brain, hangovers, warning signs of a drinking problem, alcoholism, children of alcoholics, recovery.

11. Tobacco: Breaking a Deadly Addiction

Key topics: Who smokes and why, how tobacco affects the body, chewing tobacco, snuff, pipes, passive smoking, quitting.

SECTION V YOUR HEALTH RISKS**12. Your Options for Health Care: Making Wise Choices**

Key topics: The basics of self-care, knowing when to seek care, finding health professionals, getting the most out of medical services, paying for care, alternative therapies, quackery.

13. Cardiovascular Disease: Beating the Number One Killer

Key topics: How the heart works, the dangers of high blood pressure and high cholesterol, lowering the risk of heart attacks, new treatments for heart disease, preventing strokes.

14. Cancer, Major Illnesses, and Accidents: Beating the Odds

Key topics: What causes cancer, the most common cancers, the importance of prevention, new treatments and new hope, diabetes, epilepsy, other chronic illness, avoiding accidents, safety rules.

15. Immunity and Infectious Diseases: Protecting Yourself

Key topics: Agents of infection, the immune system, common infectious diseases (including the most recent warnings on measles and Lyme disease), immune system problems, HIV infection/AIDS, sexually transmitted diseases (including chlamydia, herpes, human papilloma virus, chancroid, syphilis, gonorrhea, lice, and crabs).

SECTION VI YOUR FUTURE**16. The Environment's Impact**

Key topics: Polluted air, hazards of indoor pollution, new questions about safe drinking water, chemical pollutants, noise as an environmental hazard, radia-

tion risks, overpopulation, social health problems (including violence, spouse abuse, and child abuse).

17. Growing Older and Feeling Better

Key topics: Living longer and better, challenges of old age, longevity, how long you might live, issues of an aging society.

18. The Final Chapter: Coming to Terms with Death

Key topics: Defining death, how we respond to death, preparing for life's end, grief, practical arrangements, the meaning of death.

FEATURES

Strategies for Change

To help students translate what they read into action, *Your Health* features behavioral strategies within the text of every chapter. Examples include "Helping Others Change Bad Habits" (p. 8), "Conquering Shyness" (p. 19), "Coping with Change" (p. 41), "Eating Light and Right" (p. 83), "Choosing a Contraceptive" (p. 176), "How to Drink Without Getting Drunk" (p. 231), "What to Do If You Have an STD" (p. 352), and "Protecting Yourself from Indoor Air Pollution" (p. 361).

Self-Surveys

Every chapter includes a self-assessment so students can examine their health and behavior, identify problems, and make appropriate changes. For example, students can gauge their level of fitness in the Chapter 5 Self-Survey, "How Fit Are You?" (p. 98); they may confront a drinking problem by doing the Chapter 10 Self-Survey, "Do You Have a Drinking Problem?" (p. 238); and they may improve their conservation habits after going through the Chapter 16 Self-Survey, "Assessment of Environmental Sensitivity" (p. 362).

Health Spotlights

In every chapter, we focus on a relevant topic that will help make the text material come alive for the students. Some Health Spotlights tell the story of individuals, such as "Diary of a Student with Anorexia" in the mental health chapter (p. 29) and "A Letter from a Gay Man to His Parents" in the sexuality chapter (p. 149). Others, such as "Avoiding Date Rape" (p. 159), "Coaddiction: Are You Helping a Drug User?" (p. 221), "Unclogging your Arteries," (p. 299) and "A Message About AIDS" (p. 343), explore major issues in health today.

What Do You Think?

In this feature, we describe situations and pose questions that explore the ethical and emotional complexities of everyday health decisions. Among the topics covered are: Interracial dating (p. 128), homophobia (p. 160), the prosecution of pregnant women who use drugs (p. 196), drug testing (p. 223), consequences of drunk driving (p. 244), marketing cigarettes to teenagers, minorities, and women (p. 262), radical environmentalism (p. 372), and the right to die (p. 401).

Health Headlines

The most up-to-date stories highlight relevant developments from one of the fastest-changing fields of science. Examples include: "Stress and Herpes: Breaking the Cycle" (p. 42), "Where Does Living Together Lead?" (p. 122), "HIV on Campus" (p. 147), "The Psychological Impact of Abortion" (p. 183), "Are Alcoholics Born or Made?" (p. 235), "Are Hospitals Hazardous to Health?" (p. 280), "Eat Less, Live Longer?" (p. 379), and "The State of the World" (p. 361).

Hales Index

This feature presents health facts and statistics in a telegraphic way that will intrigue even casual readers. Among the questions that the Hales Index answers: How many people have ever suffered from shyness? (p. 27) What are the five most and least stressful cities in America? (p. 39) How many pounds of broccoli does the average American eat annually? How many pounds of ice cream? (p. 64) What percentage of married people say their spouses are their best friends? (p. 115) How many college men and women would lie to obtain sex? (p. 142) What percentage of American couples use contraception? (p. 174) How many drivers on the road at any given time are drunk? (p. 234) How many Americans get an STD every year? (p. 327) How much garbage does the average American household throw away in a week? In a year? (p. 359)

Making This Chapter Work for You

Every chapter ends with this feature, which both summarizes the key points in the chapter and provides guidelines for putting that knowledge into action. This behavior-oriented summary highlights key points and underscores the message that, unlike other subjects, health can not simply be studied: It must be lived.

References and Definitions

Your Health includes footnoted references and recommended readings for each chapter; they are pulled

together at the end of the text for ease of use. The research is as up-to-date as possible. For students' convenience, we have included key definitions on pages where they occur, as well as a glossary at the back of the book.

Your Health Care and Survival Guide

This book-within-a-book provides key information on safety, emergencies, and preventive health care. Its streamlined design helps readers quickly find what they need to know to prevent accidents, handle emergencies, solve everyday health problems, and recognize health warnings.

Your Health Directory (The Yellow Pages)

This practical reference is a handy listing of the addresses and telephone numbers of agencies and hotline services that provide health information and assistance. Students can use this directory for many purposes, including gathering materials for term papers and finding out where to turn in crisis situations.

MAJOR THEMES

Throughout every chapter, students will find messages that apply to every aspect of their health. Among the most important are the following:

- You can do more for your health than doctors can; your health is your personal responsibility.
- You are not simply a creature of body, mind, or spirit, but of all three. Psychological, physical, spiritual, social, and environmental health are all parts of wellness.
- You can take charge of your health by changing health behaviors.
- You can learn to manage stress and to control its impact on your life.
- Prevention is always the wisest course.
- The way that you use—or abuse—your body when you're young can determine how you'll feel in your later years.
- Rather than waiting for bad health habits to take their toll, you can delay or avoid many problems by adopting healthful behaviors.
- You can safeguard your health by learning how to be a wise health-care consumer.
- Your planet's health, like your own, is your personal responsibility.
- Making healthful choices, day by day, can enhance both the quality and the quantity of your years on earth.

SUPPLEMENTARY MATERIALS

Your Health is accompanied by a complete supplements package to meet every teaching need.

The Instructor's Guide

Written by Carolyn Parks of the University of Tennessee, and Deborah Fortune, Ph.D., of the University of North Carolina at Charlotte, the Instructor's Guide

provides a wealth of suggestions for lecture preparation. It contains comprehensive, detailed lecture outlines that are annotated with suggestions for ways to place emphasis on certain topics. Each chapter includes discussion questions, classroom activities, controversial topics, homework assignments, a list of relevant films, videos, and cassettes, and a special section on minority health issues. A list of agencies to contact for additional information is placed at the end of every chapter. Self-assessment exercises are included in an appendix that also includes hand-outs designed to augment transparency presentations.

The Test Bank

The Test Bank, written by Christopher Cooke of the University of North Carolina, features a wide variety of well-written and thoughtfully conceived test questions. There are approximately 60 true/false, multiple choice, completion, and matching questions per chapter. Questions are referenced to the text by page number and subject heading. Answers are supplied for all questions. The Test Bank is also available on **Benjamin/Cummings Testing Software** for the IBM PC, the IBM PS/2, the Apple II, and the Macintosh microcomputers, allowing instructors to format and edit tests easily and quickly.

Transparency Acetates

More than 50 illustrations, charts, and tables are available from the text and other sources.

Video Tapes

- A nutrition and fitness video is available to *all* adopters.
- A collection of additional videos that present lively coverage of current health topics is also available. See your Benjamin/Cummings representative for further information.

The Newsletter

The bi-annual *Sexuality and Health* newsletter, published by Benjamin/Cummings, keeps you up-to-date on a wide variety of health topics. Available to college and university adopters at no charge.

TO YOUR HEALTH

Your Health shows students how to become caretakers of their own health. It teaches them what they can do for themselves in order to achieve total wellness. It also takes the logical next step and shows them how to put health into action and take charge of their lives.

The responsibility for health ultimately remains with each individual. By providing the information and strategies students need to handle that responsibility, *Your Health* can help them live happier, fuller, more productive lives.

Our basic message to both instructors and students is simple: Since nothing is more important than your health, nothing may be more important than *Your Health*.

REVIEWERS

This book and its supplements could not have come together without the attention of many health professionals giving me their advice and the benefit of their experience. My gratitude goes to reviewers Carolyn Allred, Central Piedmont Community College; Rick Barnes, East Carolina University; John Carter, The Citadel; Susanne Christopher, Portland Com-

munity College; Kelly Dodd, Johnson County Community College; Susan Hall, California State University—Northridge; Richard Kaye, Kingsborough Community College; Patricia McGuigan-Kenney, Pennsylvania State University; Jan Mittleider, College of Southern Idaho; and Barbara Ritsema, Montgomery College.

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WELLNESS INVENTORY

What does it mean to enjoy wellness? This book takes a holistic view of health by exploring the various dimensions of your life and well-being, and focusing on what you can do to make the most of all of them. This wellness survey can help you achieve this goal by highlighting those aspects of your life-style that can be improved.

This inventory was designed to educate rather than test. Each statement describes what is believed to be a wellness attribute. The higher your score, the more of these attributes you believe to be true for yourself. The information you gain by taking the wellness inventory can be valuable to you to facilitate your growth in the area of your choosing. There are no trick questions to test your consistency. All statements are worded so that you can tell what the more desirable answer is; this places full responsibility on you to answer each statement as honestly as possible. Remember, it's not your score, but what you learn about yourself that counts.

Set aside time for yourself to complete the inventory. Use the following scoring system throughout, recording your score in the boxes beside each statement:

- 2 = Yes, usually
- 1 = Sometimes, maybe
- 0 = No, rarely

Select the one answer that best indicates how true the statement is for you at this time. If you decide that a statement does not apply to you, or you don't want to answer it, you can skip it and not be penalized in your score. After you have responded to the statements in each section, compute your average score from that section, and transfer that number to the Wellness Inventory Wheel on the last page of this inventory. See the following example.

EXAMPLE:

	Yes, usually	Sometimes	No, rarely
	2	1	0
		1	
	2		
	2		
			0

Sample Questions

1. I am an adventurous thinker.
2. I look to the future with optimism.
3. I am a nonsmoker.
4. I love long, hot baths.

$$\underline{4} + \underline{1} = \underline{5} \quad (\text{Total points for this section})$$

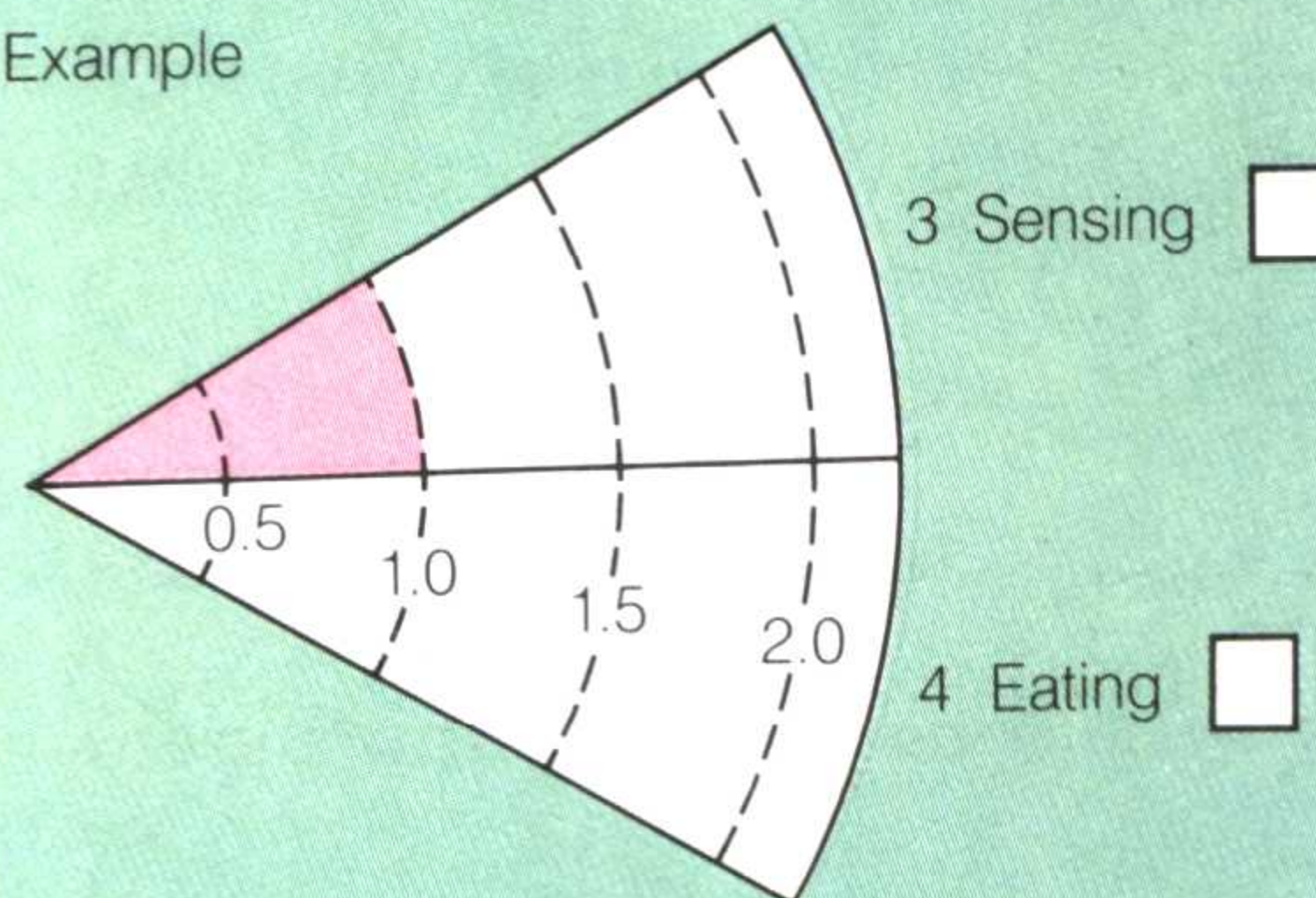
$$\text{Divided by } \underline{4} \quad (\text{number of statements answered}) =$$

1.25

Average score for this section

Your average score for this section on the Wellness Inventory Wheel would look like this:

Example



SECTION 1 WELLNESS, SELF-RESPONSIBILITY, AND LOVE

Yes, usually	Sometimes	No, rarely
2	1	0
—	1	—
2	—	—
—	1	—
—	1	—
2	—	—
—	1	—
2	—	—
—	1	—
2	—	—
—	1	—
2	—	—

1. I believe how I live my life is an important factor in determining my state of health, and I live it in a manner consistent with that belief.
2. I vote regularly.
3. I feel financially secure.
4. I conserve materials/energy at home and at work.
5. I protect my living area from fire and safety hazards.
6. I use dental floss and a soft toothbrush daily.
7. I am a nonsmoker.
8. I am always sober when driving or operating dangerous machinery.
9. I wear a safety belt when I ride in a vehicle.
10. I understand the difference between blaming myself for a problem and simply taking responsibility for that problem.

10 + 5 = 15 = Total points for this section

Divided by 10 (number of statements answered) =

1.5

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

SECTION 2 WELLNESS AND BREATHING

2	1	0
—	—	0
2	—	—
—	1	—
—	1	—
—	1	—
—	1	—
—	1	—
—	1	—
—	1	—
—	1	—

1. I stop during the day to become aware of the way I am breathing.
2. I meditate or relax myself for at least 15 minutes each day.
3. I can easily touch my hands to my toes when standing with knees straight.
4. In temperatures over 70°F (21°C), my fingers feel warm when I touch my lips.*
5. My nails are healthy and I do not bite or pick at them.
6. I enjoy my work and do not find it overly stressful.
7. My personal relationships are satisfying.
8. I take time out for deep breathing several times a day.
9. I have plenty of energy.
10. I am at peace with myself.

2 + 8 = 10 = Total points for this section

Divided by — (number of statements answered) =

1.5

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

*If your hand temperature is below 85°F in a warm room, an overactive sympathetic nervous system could be to blame. You can learn to warm your hands with biofeedback and thereby relax.

SECTION 3 WELLNESS AND SENSING

	Yes, usually	Sometimes	No, rarely
	2	1	0
1	2	0	0
2	2	0	0
3	0	0	0
4	2	1	0
5	2	0	0
6	2	0	0
7	2	0	0
8	0	1	0
9	0	1	0
10	2	0	0

1. My place of work has largely natural lighting or full spectrum fluorescent lighting.
2. I avoid extremely noisy areas or wear protective ear covers.
3. I take long walks, hikes, or other outings to actively explore my surroundings.
4. I give myself presents, treats, or nurture myself in other ways.
5. I enjoy getting, and can acknowledge, compliments and recognition from others.
6. It is easy for me to give sincere compliments and recognition to other people.
7. At times I like to be alone.
8. I enjoy touching or hugging other people.
9. I enjoy being touched or hugged by others.
10. I get and enjoy backrubs or massages.

$12 + 3 = 15$ = Total points for this section

Divided by (number of statements answered) =

1.5

Average score for this section
(Transfer to the Wellness Inventory
Wheel on summary page)

SECTION 4 WELLNESS AND EATING

	2	1	0
1	0	1	0
2	0	1	0
3	2	0	0
4	2	0	0
5	0	0	0
6	0	0	0
7	0	1	0
8	0	1	0
9	0	0	0
10	1	0	0

1. I am aware of the difference between refined carbohydrates and complex carbohydrates and eat a majority of the latter.
2. I think my diet is well balanced and wholesome.
3. I drink fewer than 5 alcoholic drinks per week.
4. I drink fewer than 2 cups of coffee or black (nonherbal) tea per day.
5. I drink fewer than 5 soft drinks per week.
6. I add little or no salt to my food.
7. I read the labels for the ingredients of all processed foods I buy and I inquire as to the level of toxic chemicals used in production of fresh foods—choosing the purest available to me.
8. I eat at least two raw fruits or vegetables each day.
9. I have a good appetite and am within 15% of my ideal weight.
10. I can tell the difference between “stomach hunger” and “mouth hunger,” and I don’t stuff myself when I am experiencing only “mouth hunger.”*

$4 + 5 = 9$ = Total points for this section

Divided by (number of statements answered) =

0.9

Average score for this section
(Transfer to the Wellness Inventory
Wheel on summary page)

*“Stomach hunger” is a signal that your body needs food. “Mouth hunger” is a signal that it needs something else (attention/acknowledgement), which you are not getting, so it asks for food, a readily available substitute.

SECTION 5 WELLNESS AND MOVING

Yes, usually	Sometimes	No, rarely
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0

1. I climb stairs rather than ride elevators.
2. My daily activities include **moderate** physical effort.*
3. My daily activities include **vigorous** physical effort.**
4. I run at least **one** mile three times a week (or equivalent aerobic exercise).
5. I run at least **three** miles three times a week (or equivalent aerobic exercise).
6. I do some form of stretching exercise for 10 to 20 minutes at least **three** times per week.
7. I do some form of stretching exercise for 10 to 20 minutes at least **six** times per week.
8. I enjoy exploring effective ways of caring for myself through the movement of my body.
9. I enjoy stretching, moving, and exerting my body.
10. I am aware of and respond to messages from my body about its needs for movement.

4 + 4 = 8 = Total points for this section

Divided by 10 (number of statements answered) =

0.8

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

*Moderate includes rearing young children, gardening, scrubbing floors, walking briskly, etc.
**Vigorous includes heavy construction work, farming, moving heavy objects by hand, etc.

SECTION 6 WELLNESS AND FEELING

2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0
2	1	0

1. I am able to feel and express my anger in ways that solve problems, rather than swallow anger or store it up.
2. I allow myself to experience a full range of emotions and find constructive ways to express them.
3. I am able to say "no" to people without feeling guilty.
4. I laugh often and easily.
5. I feel OK about crying and allow myself to do so when appropriate.
6. I listen to and consider others' criticisms of me rather than react defensively.
7. I have at least five close friends.
8. I like myself and look forward to the rest of my life.
9. I easily express concern, love, and warmth to those I care about.
10. I can ask for help when needed.

14 + 3 = 17 = Total points for this section

Divided by 10 (number of statements answered) =

1.7

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

SECTION 7 WELLNESS AND THINKING

Yes, usually	Sometimes	No, rarely
2	1	0
-	1	-
-	1	-
-	1	-
2	-	-
2	-	-
-	1	-
-	1	-
2	-	-
-	1	-

1. I am in charge of the subject matter and the emotional content of my thoughts; and am satisfied with what I choose to think about.
2. I am aware that I make judgements wherein I think I am "right" and others are "wrong."
3. It is easy for me to concentrate.
4. I am conscious of changes (such as breathing pattern, muscle tension, skin moisture, etc.) in my body in response to certain thoughts.
5. I notice my perceptions of the world are colored by my thoughts at the time.
6. I am aware that my thoughts are influenced by my environment.
7. I use my thoughts and attitudes to make my reality more life-affirming.
8. Rather than worry about a problem when I can do nothing about it, I temporarily shelve it and get on with the matters at hand.
9. I approach life with the attitude that no problem is too big to confront, and some mysteries aren't meant to be solved.
10. I use my creative powers in many aspects of my life.

8 + 6 = 14 = Total points for this section

1.4

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

Divided by 10 (number of statements answered) =

SECTION 8 WELLNESS AND PLAYING/WORKING

2	1	0
-	1	-
-	1	-
-	1	-
-	1	-
2	-	-
-	1	-
2	-	-
2	-	-
-	1	-
-	1	-

1. I enjoy expressing myself through art, dance, music, drama, sports, etc., and make time to do so.
2. I regularly exercise my creativity "muscles."
3. I enjoy spending time without planned or structured activities and make the effort to do so.
4. I can make much of my work into play.
5. At times I allow myself to do nothing.
6. At times I can sleep late without feeling guilty.
7. The work I do is rewarding to me.
8. I am proud of my accomplishments.
9. I am playful and the people around me support my playfulness.
10. I have at least one activity (hobby, sport, etc.) that I enjoy regularly but do not feel compelled to do.

6 + 7 = 13 = Total points for this section

1.3

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

Divided by 10 (number of statements answered) =

SECTION 9 WELLNESS AND COMMUNICATING

Yes, usually	Sometimes	No, rarely
2	1	0
2		
2		
2		
2		
2		
2		
2		
2		
2		
2		
2		

1. In conversation I can introduce a difficult topic and stay with it until I've gotten a satisfactory response from the other person.
2. I enjoy silence.
3. I am truthful and caring in my communications with others.
4. I assert myself (in a nonattacking manner) in an effort to be heard, rather than be passively resentful of others with whom I don't agree.
5. I do not try to cover up my mistakes and apologize for them if appropriate.
6. I am aware of my negative judgements of others and accept them as simply judgements—not necessarily truth.
7. I am a good listener.
8. I am able to listen to people without interrupting them or finishing their sentences for them.
9. I can let go of my mental "labels" (i.e., this is good, that is wrong) and judgemental attitudes about events in my life and see them in the light of what they offer me.
10. I am aware when I play psychological "games" with those around me and work to be truthful and direct in my communications.

20 + 0 = 20 = Total points for this section

2.0

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

Divided by 10 (number of statements answered) =

SECTION 10 WELLNESS AND SEX

2	1	0
2		
2		
2		
	1	
2		
		0
2		
		0
	1	

1. I feel comfortable touching and exploring my body.
2. I think it's OK to masturbate if one chooses to do so.
3. My sexual education is adequate.
4. I feel good about the degree of closeness I have with men.
5. I feel good about the degree of closeness I have with women.
6. I am content with my level of sexual activity.
7. I fully experience the many stages of lovemaking rather than focus only on orgasm.
8. I desire to grow closer to some other people.
9. I am aware of the difference between needing someone and loving someone.
10. I am able to love others without dominating or being dominated by them.

10 + 3 = 13 = Total points for this section

1.3

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

Divided by 10 (number of statements answered) =

SECTION 11 WELLNESS AND FINDING MEANING

Yes, usually	Sometimes	No, rarely
2	1	0
2		
	1	
2		
2		
2		
2		
	1	
2		
2		

1. I believe my life to have direction and meaning.
2. My life is exciting and challenging.
3. I have goals in my life.
4. I am achieving my goals.
5. I look forward to the future as an opportunity for further growth.
6. I am able to talk about the death of someone close to me.
7. I am able to talk about my own death with family and friends.
8. I am prepared for my death.
9. I see my death as a step in my evolution.*
10. My daily life is a source of pleasure to me.

16 + 2 = 18 = Total points for this section

Divided by 10 (number of statements answered) =

1.8

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

*Seeing your death as a stage of growth and preparing yourself consciously is an important part of finding meaning in your life.

SECTION 12 WELLNESS AND TRANSCENDING

2	1	0
	1	
	1	
2		
2		
2		
2		
	1	
2		
	1	
2		

1. I perceive problems as opportunities for growth.
2. I experience synchronistic events in my life (frequent "coincidences" seeming to have no cause-effect relationship).
3. I believe there are dimensions of reality beyond verbal description or human comprehension.
4. At times I experience confusion and paradox in my search for understanding of the dimensions referred to above.
5. The concept of God has personal definition and meaning to me.
6. I experience a sense of wonder when I contemplate the universe.
7. I have abundant expectancy rather than specific expectations.
8. I do not pressure others to accept my beliefs.
9. I use the messages interpreted from my dreams.
10. I enjoy practicing a spiritual discipline or allowing time to sense the presence of a greater force in guiding my passage through life.

12 + 4 = 16 = Total points for this section

Divided by 10 (number of statements answered) =

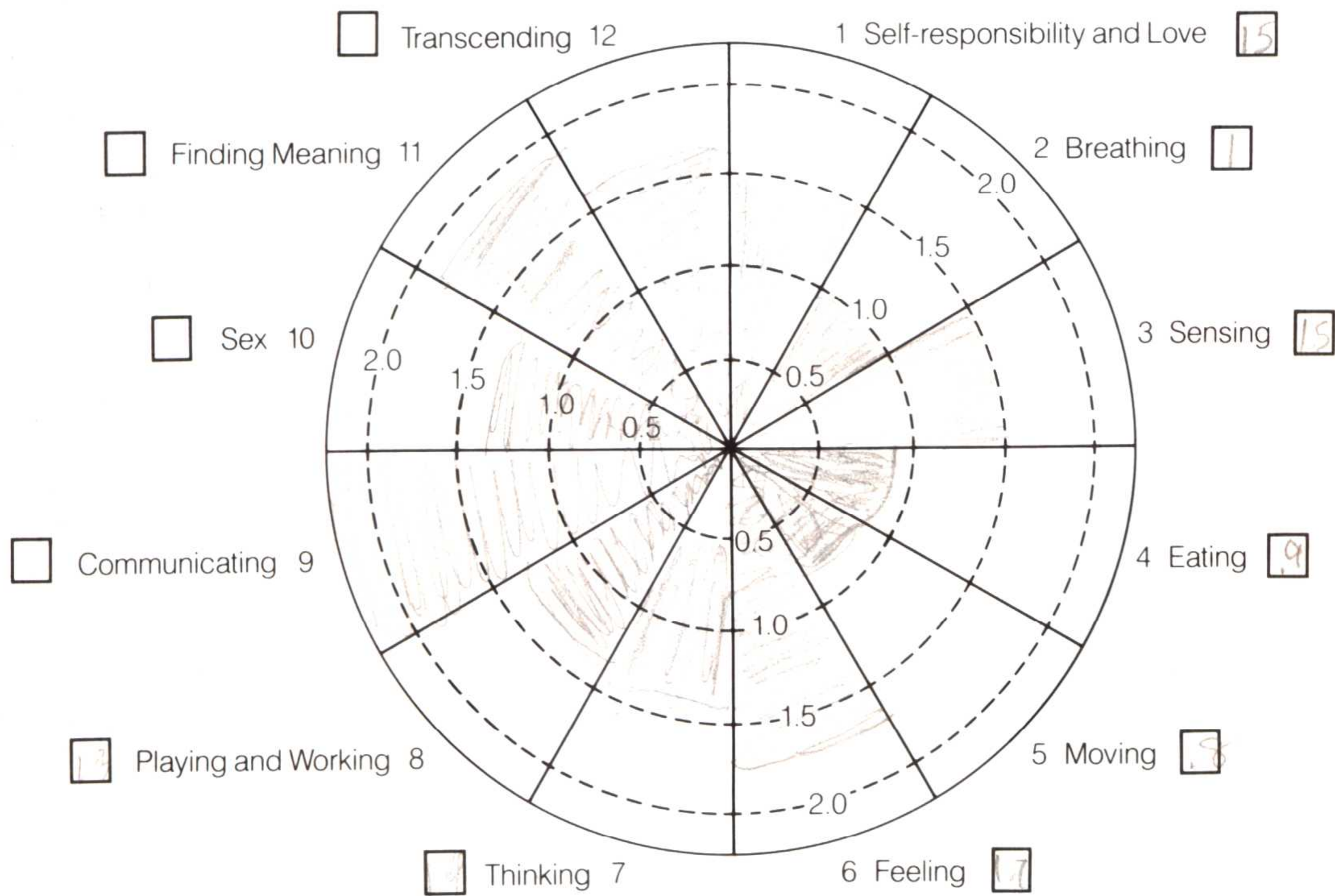
1.6

Average score for this section
(Transfer to the Wellness Inventory Wheel on summary page)

THE WELLNESS INVENTORY WHEEL

Transfer your average score from each section to the corresponding box around the Wheel below. Then graph your score by drawing a curved line between the "spokes" that define each segment. (Use the scale provided—beginning at the center with 0.0 and reaching 2.0 at the circumference.) Lastly, fill in the corresponding amount of each wedge-shaped segment.

When you have completed the Wellness Inventory, study the Wheel's shape and balance. How smoothly would it turn? What does it tell you? Are there any surprises in this for you? How does it feel to you? What don't you like about it? What do you like about it? Use it as a guide to furthering your wellness and have a great journey!



SOURCE: Abridged from the "Wellness Inventory" from the *Wellness Workbook* by J. W. Travis and R. W. Ryan, Ten Speed Press, Berkeley, California, 1988. For further information contact Wellness Associates, Box 5433, Mill Valley, CA 94941. This version of the Wellness Inventory does not include all footnotes contained in the original.

HEALTH SPOTLIGHT

Chapter

- 1 Changing Your Life 6
- 2 Diary of a Student With Anorexia 29
- 3 Test Stress 40
- 3 A Day in the Life of Chris and Pat 45
- 4 A Nutritional Guide to Ethnic Foods 81
- 5 How to Buy Athletic Shoes 106
- 6 Lessons from Happy Marriages 124
- 7 Avoiding Date Rape 159
- 7 A Letter From A Gay Man to His Parents 149
- 8 Condoms: A Guide for Men and Women 180
- 9 Coaddiction: Are You Helping a Drug User? 221
- 10 The Crusade Against Drunk Driving 241
- 11 Breaking the Habit 261
- 12 What to Expect in a Physical Exam 278
- 13 Unclogging Your Arteries 299
- 14 Helping Cancer Patients Live Longer 316
- 15 A Message About AIDS 343
- 16 Saving Your Planet 369
- 17 What is it Like to be Old? 384
- 18 One Man's Grief 397

HEALTH HEADLINE

Chapter

- 1 Medical Research: For Men Only? 7
- People Helping People 8
- 2 Rx: Reading: 23
- Put on a Happy Face 15
- 3 Does Stress Bring on the Munchies? 49
- Stress and Herpes: Breaking the Cycle 42
- 4 Social Eating 69
- Future Fad: Fake Food 67
- 5 Who Stays Fit? 105
- Does Exercise Make You Sexy? 100
- 6 Where Does Living Together Lead? 122
- Fidelity Becomes a Fad 126
- 7 HIV on Campus 147
- HIV in the Inner City 140
- 8 The Psychological Impact of Abortion 183
- The Birth Control Lag 171
- 9 More Students Saying No To Drugs 215
- More Drugs Hit World Market 206
- 10 Are Alcoholics Born or Made? 235
- Alcohol's Fatal Attraction 229
- 11 Quitting: Once May Not Be Enough 256
- 12 New Role for MDs: More Talk,
Fewer Tests 277
- Are Hospitals Hazardous to
Your Health? 280
- 13 Job Stress Harms Heart 297
- Lifestyle Changes Can Reduce the Risk of
Heart Attack 300
- 14 Predicting the Risk of Skin Cancer 315
- Seat Belts Pay Off 319
- 15 Measles Menace for College Students 331
- Longer Life before AIDS Strikes 334
- 16 More Concern for Mother Earth 366
- The State of the World 361
- 17 Emotional Health at Age 65 377
- Eat Less, Live Longer? 379
- 18 When Parents Die 398
- Willpower Can Delay Death 396