


Is Your Health Triangle Balanced?

Take our brief quiz to assess the balance of your health triangle:

Instructions:


Answer each yes or no question. Tally the points for each section and compare the balance for each category. In a balanced health triangle, the three factors would be a similar score.




Physical

- Do you regularly engage in movement that feels good for your physical body?
- Do you get between 7-9 hours of sleep most nights?
- Do you eat a balanced, nourishing diet and consistent meals?
- Do you regularly see your primary care doctor and other health professionals?
- Do you consistently care for your physical hygiene?
- Do you avoid tobacco, abusing alcohol, or using other drugs such as THC?
- Do you regularly engage in movement that feels good for your physical body?

Yes	No
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>







Mental

- Do you feel you have an awareness of your current state and your thoughts?
- Do you understand your emotions and feel you interpret them accurately?
- On most days do you feel more positive emotions than negative?
- Do you know what your strengths are and regularly use them?
- Do you feel you could identify goals and grow to achieve them?
- Are you hopeful for your future?

Yes	No
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>






Social

- Do you have one or a few close friends you keep in regular contact with?
- Can you safely express your emotions or thoughts to your close friends and family?
- Do you have a set of shared values with your community or culture?
- If you struggled financially are their people in your life that could support you?
- Do you feel you have healthy boundaries with the people closest to you?
- Are there people you can go to for advice &/or others come to you with their problems?

Yes	No
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>



Add up your scores from each of these questions:

Physical		Mental		Social	
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