

How Are You Doing?

A Whole-Person Wellness Check-In

Helping you and your physical therapist look at all the areas that affect your health and recovery.

1. Emotional Wellness

- I feel able to manage stress or tough emotions
- I have people I can talk to when I'm feeling down
- I would like help coping with emotions, anxiety, or depression

2. Environmental Wellness

- My home feels safe and easy to get around
- I have reliable transportation to get to appointments
- I would like help making my home or surroundings safer

3. Financial Wellness

- I can afford the care, medication, or equipment I need
- I'm not stressed about money right now
- I would like help finding financial or community resources

4. Intellectual Wellness

- I enjoy learning new things or doing brain games
- I feel like I'm thinking clearly and remembering things well
- I would like help with memory, focus, or thinking skills

5. Occupational Wellness

- I have meaningful daily roles (like work, caregiving, or hobbies)
- I feel like I have purpose in my day
- I would like help finding or returning to meaningful activities

6. Physical Wellness

- I stay active in a way that feels right for me
- I eat well, sleep enough, and manage my energy
- I would like help with pain, fatigue, or movement

7. Social Wellness

- I feel connected and supported by friends or family
- I enjoy spending time with others
- I would like help feeling less isolated or finding support groups

✦ 8. Spiritual Wellness

- I feel like my life has meaning or purpose
- I have beliefs or practices that bring me comfort
- I would like help exploring meaning, purpose, or spirituality

✔ What's Next?

- Share any areas you'd like to talk more about with your PT
- We can work together to connect you to helpful resources
- Your wellness matters—this is part of your care!