

1. Wellness includes eight “dimensions” or areas. Please rate how important the following areas are to you.

	Extremely important	Very important	Somewhat important	Not at all important
Emotional Wellness: Coping effectively with life and creating satisfying relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Environmental Wellness: Good health by occupying pleasant, stimulating environments that support well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial Wellness: Satisfaction with current and future financial situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intellectual Wellness: Recognizing creative abilities and finding ways to expand knowledge and skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Occupational Wellness: Personal satisfaction and enrichment from one’s work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Wellness: Recognizing the need for physical activity, healthy foods, and sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Wellness: Developing a sense of connection, belonging, and a well-developed support system	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spiritual Wellness: Expanding a sense of purpose and meaning in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Of the following eight “dimensions” or areas, which three are the most **challenging** for you?

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|--|--|
| <input type="checkbox"/> Emotional—Coping effectively with life and creating satisfying relationships | <input type="checkbox"/> Occupational—Personal satisfaction and enrichment from one’s work |
| <input type="checkbox"/> Environmental—Good health by occupying pleasant, stimulating environments that support well-being | <input type="checkbox"/> Physical—Recognizing the need for physical activity, healthy foods, and sleep |
| <input type="checkbox"/> Financial—Satisfaction with current and future financial situations | <input type="checkbox"/> Social—Developing a sense of connection, belonging, and a well-developed support system |
| <input type="checkbox"/> Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills | <input type="checkbox"/> Spiritual—Expanding a sense of purpose and meaning in life |

3. When you think about things that contribute to your own wellness, what are some examples that come to mind?

4. The Health and Wellness Committee will facilitate agency efforts to increase staff wellness. The goal of the committee is to support the creation of opportunities that are fun and engaging and build upon intrinsic motivation. Please share some examples of opportunities you are most likely to participate in (for example, monthly wellness newsletter by email, participate in agency-wide physical challenge, brown bag learning session, etc.).

5. What is the best way for CPC to provide information about wellness to you?

- | | |
|---|--|
| <input type="radio"/> Newsletter | <input type="radio"/> Links via text message |
| <input type="radio"/> Email | <input type="radio"/> Professional development sessions |
| <input type="radio"/> Links on the Information Portal | <input type="radio"/> Participate in a group conference call |
| <input type="radio"/> Other (please specify) | |

6. What additional thoughts or suggestions do you have for the Health & Wellness Committee?