

Five Factor Wellness Inventory

Adult Form (Form A2)

Personal Report

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Prepared on April 14, 2015 for:
Sample Person

You completed your evaluation at 5:22 pm EDT on April 14, 2015.



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The Five Factor Wellness Inventory: A Guide to Interpreting Your Scores

This report reviews your scores on the Five Factor Wellness Inventory Adult Form (FFWEL-A2).

The Five Factor Wellness Inventory (FFWEL, also known as 5F-Wel) was developed to help you learn more about your wellness in multiple areas. These areas were identified through research as characteristics of people that live long and live well. By studying your scores, you can begin to make choices that will help increase your capacity to live long and live well. More good news is that by choosing to improve in even one area, you are helping to improve your overall wellbeing. In addition, there are many resources to help you along the way. So let's get started now!

How well are you today?

Take a moment to think about your personal wellness. Circle the number on the wellness continuum below which best reflects your feelings about your overall wellness right now. As you think about your wellness, note that the continuum has a low point called "illness" or "worseness," and a high point called "wellness." The midpoint of the continuum, "health", refers to the absence of disease or illness, yet at the same time the absence of well being or joy in living.

We encourage you to think in terms of high level wellness, feeling an optimum sense of health, well-being, and energy. If high level wellness is a "10". Where are you today, overall?

Illness					Health					Wellness
1	2	3	4	5	6	7	8	9	10	

The Wellness Scales

The FFWEL includes 24 different scales. First are 23 personal wellness scales. There is also a Life Satisfaction Index. The scales are based on The Indivisible Self model of wellness. This model is shown on the last page of this report. It is called the Indivisible Self because the real Self truly cannot be divided. We can talk about each part by itself, but they all are related. Look at the model and think about how the factors of wellness relate to one another.

You can decide to change any area of wellness. When you do, that change will affect other areas too. By having a wellness plan to change in one area, you will improve your wellness in other areas and your total wellness. We can work to change each area of wellness by setting goals and working to make them happen.

As you begin to assess your wellness, the following scales will be important to you. You will want to refer back to these definitions as you assess your wellness and develop your personal wellness plans for change.

Definitions of Wellness Scales

Overall Wellness

The entirety of the indivisible self, is a general, global description of our wellness. Total Wellness represents how well you are in all areas, taken as a whole.

Creative Self

The combination of attributes that each of us forms to make a unique place among others in our social interactions. There are five components to this factor: *thinking, emotions, control, work, and positive humor*. What we think affects our emotions as well as our body. Likewise, our emotional experiences affect our cognitive responses to similar experiences. Control refers to how much we think we can influence and change the events in our life. Positive expectations influence our emotions, behavior, and anticipated outcomes, and positive humor has a pervasive influence on our physical as well as mental functioning. Enriching our ability to think clearly, perceive accurately, and respond appropriately can decrease stress and enhance the humor response. When we have a hearty laugh, it affects our immune system positively. Likewise, work is an essential element that can enhance or detract from our capacity to live life fully.

Thinking

- Being mentally active;
- bein
- the a
- havin
- bein

Complete text appears in actual report.

Emotions

- Being aware of my feelings, both good and bad;
- being a *Complete text appears in actual report.*
- being a
- being a

Control

- Believing that I am a competent person;
- believ
- being *Complete text appears in actual report.*
- being
- being

Work

- Being satisfied with my work;
- feelin
- feelin *Complete text appears in actual report.*
- feelin
- feelin

Positive Humor

- Being able to laugh at my mistakes and the things that happen in my life;
- being a
- being a better;
- being a *Complete text appears in actual report.*
- being a
- being a
- being ab

Coping Self

There are four components to the Coping Self: *leisure, stress management, self-worth, and realistic beliefs*. Leisure is essential to wellness and continual development. Learning to become totally absorbed in an activity where time stands still helps one not only cope with but transcend life challenges. This feeling is called “flow”. Leisure opens pathways to growth in both creative and spiritual dimensions. Self-worth can be enhanced through effective coping with life’s challenges. As self-efficacy is experienced through success experiences, self-worth increases as well. Irrational beliefs are the source of many of our frustrations and disappointments with life. Even those who hold to such fictional notions as “I always need to please others” can cope successfully with life’s requirements if they learn to manage the inevitable stress that they will experience as a result of these beliefs. The Coping Self, then, is thus composed of elements that regulate our responses to life events and provides a means for transcending any negative affects of what happens in our life.

Leisure

- Being satisfied with my recreation and leisure time activities;
- having “flow;” *Complete text appears in actual report.* feel a sense of
- being a activitie ree-time
- being a

Stress Management

- My ability to cope with stress;
- seeing *Complete text appears in actual report.*
- being
- being
- being

Self Worth

- Accepting who I am;
- accepting my good qualities;
- accept
- accept
- feeling *Complete text appears in actual report.*
- believi
- a sens

Realistic Beliefs

- The ability to process information and perceive reality accurately;
- lack o
worth
not g
- being
- under
- contr

Complete text appears in actual report.

o

Social Self

The Social Self includes two components: *friendship and love*. Friendship and love exist on a continuum. As a consequence, they are not clearly distinguishable in practice. Sexual intimacy is sometimes thought to be a distinction between love and friendship. Friendships and intimate relationships do enhance the quality and length of our life. Isolation, alienation, and separation from others generally are associated with all manner of poor health conditions and greater susceptibility to premature death. In contrast, social support is the strongest predictor of positive mental health over the lifespan. The mainstay of this support is family, with healthier families providing the most positive sources of individual wellness. Importantly, healthy families can be either biological or families of choice.

Friendship

- Social relationships that involve a connection with others individually or in community, but which do not have a marital, sexual, or familial commitment;
- having a
- having e
- feeling u
- having fr
- not bein
- being co

Complete text appears in actual report.

Love

- The ability to be intimate, trusting, self-disclosing with another;
- the abili

Complete text appears in actual report.

Essential Self

The Essential Self is comprised of four components: *spirituality*, *gender identity*, *cultural identity*, and *self-care*. Spirituality, a broad concept which includes but is not limited to religiosity, has positive benefits for longevity and quality of life. It incorporates one's existential sense of meaning, purpose, and hopefulness toward life. Both gender and cultural identity are filters through which life experiences are viewed, and they influence how others are experienced in relation to ourselves. Both affect our essential meaning-making processes in relation to life, self, and others. Self-care includes proactive efforts to live long and live well. Conversely, carelessness, avoidance of health promoting habits, and general disregard of one's well being are potentially signs of despair and may be reflected in loss of a sense of meaning and purpose in life.

Spirituality

- Personal beliefs and behaviors practiced as part of the recognition that we are more than the material aspects of mind and body.
- Dimensions include:
 - belief in a higher power;
 - hope a
 - practic
practic *Complete text appears in actual report.* nd spiritual
 - purpos
 - compa
 - moral
 - and tra

Gender Identity

- Satisfaction with and feeling supported in one's gender;
- ability to be androgynous.

Cultural Identity

- Satisfaction with and feeling supported in one's cultural identity;
- the ability to feel comfortable with persons of other cultural backgrounds as well as your own cultural background.

Self-Care

- Taking responsibility for one's wellness through self-care and safety habits that are preventive in nature.
- Examples include:
 - flossing my teeth,
 - getting pr *Complete text appears in actual report.*
 - getting en
 - and not d

Physical Self

The Physical Self factor includes two components, *exercise and nutrition*. These are widely promoted and, unfortunately often over-emphasized to the exclusion of other components of holistic well-being. The research is compelling with regard to the importance of exercise and nutrition, and the manner in which our physical needs change over the lifespan. Not surprisingly, preliminary data suggest that “survivors,” i.e., individuals who live longest, attend to both exercise and diet/nutrition.

Exercise

- Engaging in sufficient physical activity through daily activity and lifestyle habits, exercise, or on one's job to keep in good physical condition.
- Stretching for flexibility, cardiovascular activity for endurance, and weight bearing activity to build strength are all important.

Nutrition

- Eating a balanced diet;
- eating at least three meals a day;
- always
- eating *Complete text appears in actual report.*
- keepin
- not ove

Life Satisfaction

Feeling like things in my life are okay.

Contextual Variables

The importance of context, or systems, in understanding human behavior has been well established. We do not function in isolation, but rather in relation to others – through our families, neighborhoods, and work. A complete understanding of a person cannot be made without incorporating a concern for environmental factors. As is true of the other wellness factors, contexts can operate for better or for worse in relation to our wellness. Further, we are both affected by and affect the contexts in which we live. The Indivisible Self is both affected by and has an effect on the surrounding world. In the figure on the last page, four contexts are presented: local, institutional, global, and chronometrical.

Local Context

- Includes those systems in which we live most often – our families, neighborhoods, and communities.
- The issue of safety is central in this context.

Institutional Context

- Includes education, religion, government, business and industry, and the media.
- These
- Often *Complete text appears in actual report.* itive or negative.
- The a

Global Context

- includes politics, culture, global events, and the environment,
- beco
- The e *Complete text appears in actual report.*

Chronometrical Context

- represents our responses to changes in our lives over time.
- Wellness involves the acute and chronic effects of lifestyle behaviors and choices throughout our lifespan.
- Wellness
- Similarly,
- Movement achieved *Complete text appears in actual report.*
- Awareness
- We are a
- From a well-being required
- Thus, movement to be achieved

Interpreting Your Wellness Scores

Understanding Your Wellness Scores

Whenever you take a formal assessment, your scores can be inaccurate for many reasons.

- You may have felt different on the day you took the inventory than you do today. So, you might answer differently if you took the inventory again.
- The words on the inventory could mean something different for you than for other persons.
- There may have been words on the inventory which were unfamiliar to you.
- There may have been items on the inventory which were not relevant to you.
- The items may not reflect your unique life circumstances and choices.
- You may have personal practices or habits not listed on the wellness inventory which could enhance your scores and the quality and longevity of your life, if they were among those areas included in the inventory. Any inventory can only provide a sample of all possible wellness practices.
- When you took the wellness inventory, you may have been distracted by something in your environment, such as noise or other people.

Interpreting Your Wellness Scores

The most important thing about your scores is how you interpret them. As you review your wellness scores, answer these questions.

1. As you look at your profile, are there high or low scores which surprise you?
2. Are you surprised pleasantly or otherwise?
3. Write down these scores and your reactions.

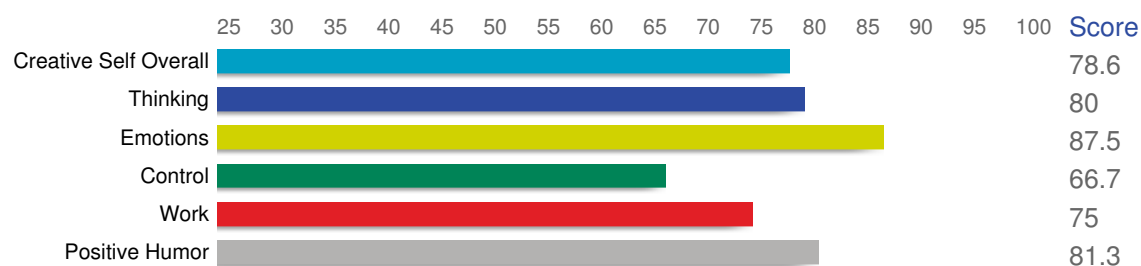
How You Rated Yourself

The graph below shows how you rated yourself on the Wellness Scales. The scales are equalized to a range between 25 and 100.

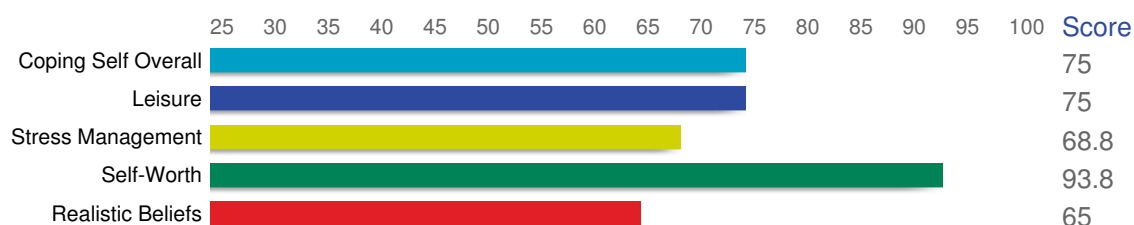
Wellness



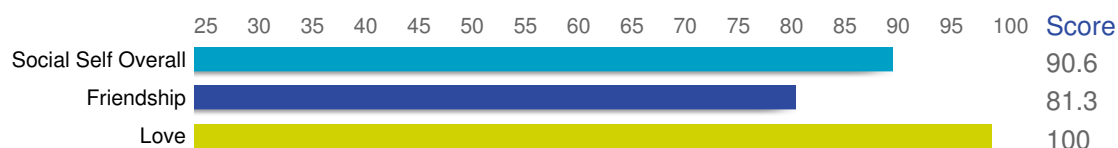
Creative Self



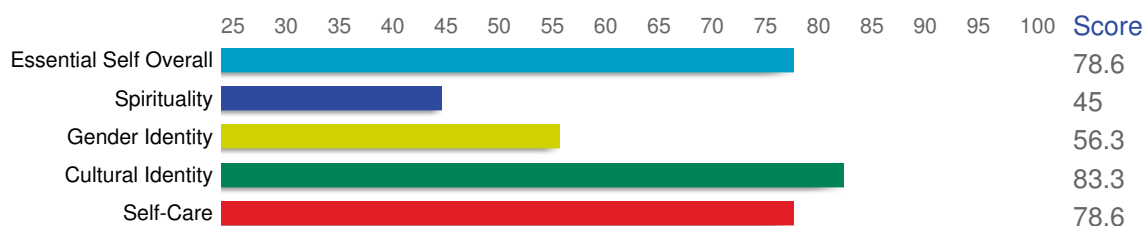
Coping Self



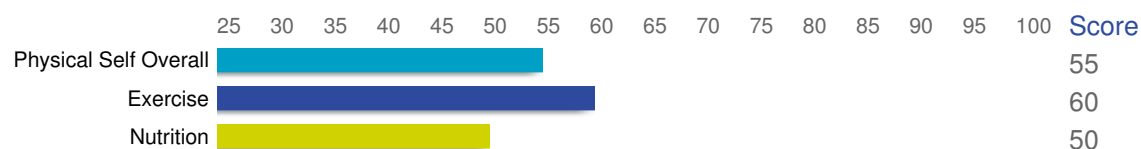
Social Self



Essential Self



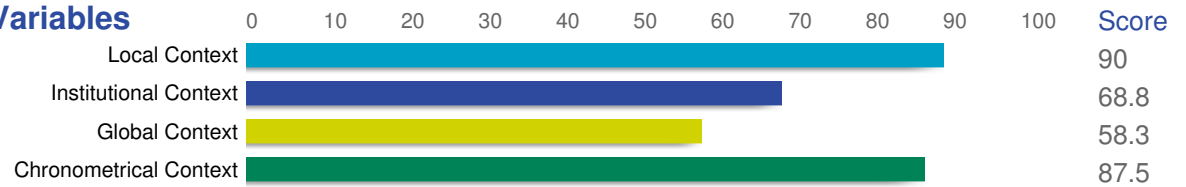
Physical Self



Life Satisfaction



Contextual Variables



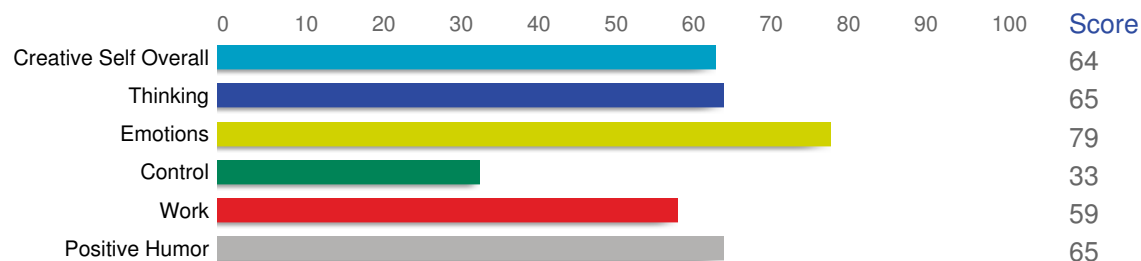
Comparison to Norms

Following are percentile scores for the Five Factor Wellness Inventory scales compared to 3,343 individuals across a wide distribution of gender, age, culture, and educational level. Percentile means that this percentage of people rated themselves as having less wellness on the scale. For example, the 92nd percentile means that 92% of people rated themselves as having less wellness than you did on the scale.

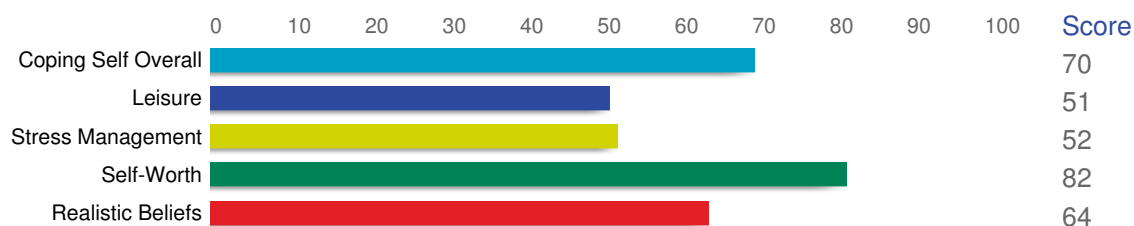
Wellness



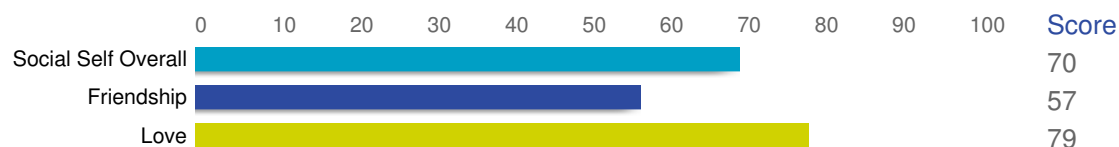
Creative Self

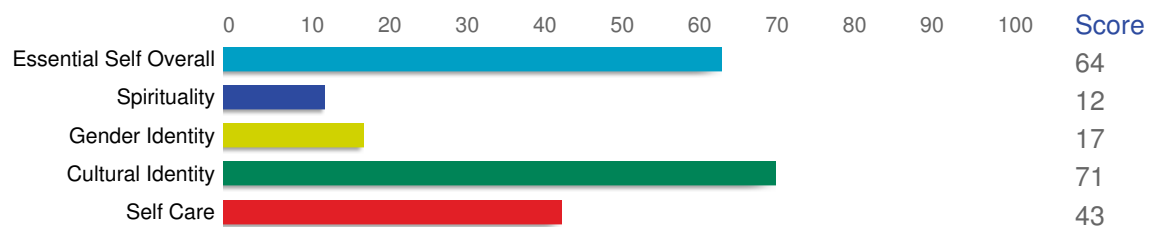
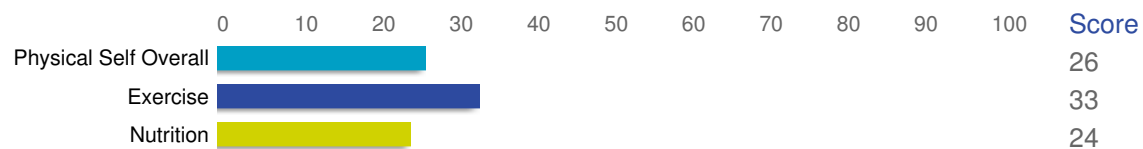
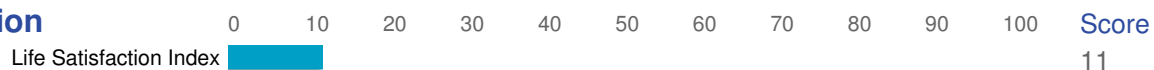
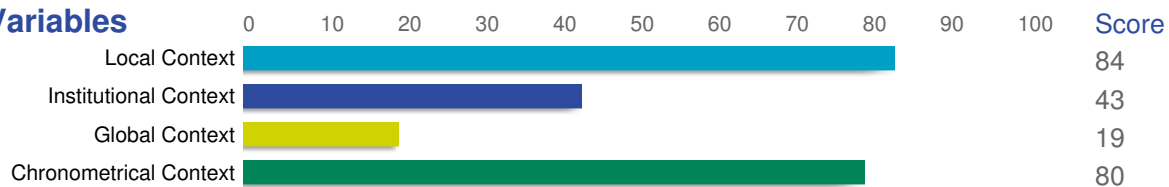


Coping Self



Social Self



Essential Self**Physical Self****Life Satisfaction****Contextual Variables**

Percentile Scores Compared to Your Local Group

Following are percentile scores for the Five Factor Wellness Inventory scales compared to your local group's average. Percentile means that this percentage of people in this group rated themselves as having less wellness on the scale. For example, the 92nd percentile means that 92% of these people rated themselves as having less wellness than you did on the scale.

Your Local Group

Population Group: Sample Norm

Number of participants in this norm: 5

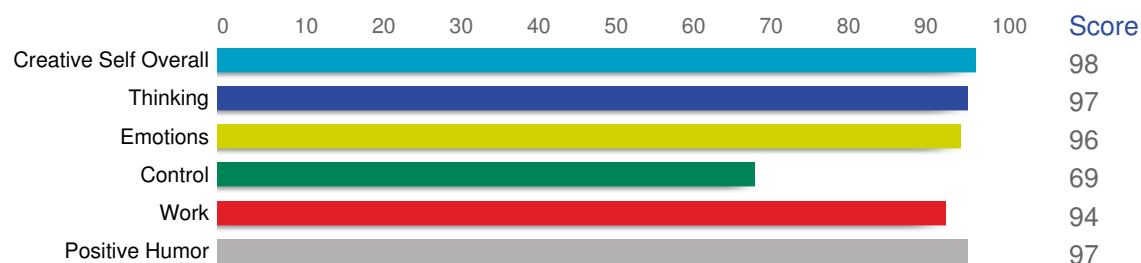
Campaigns included in this norm:

FFWEL-A2 - Sample Person

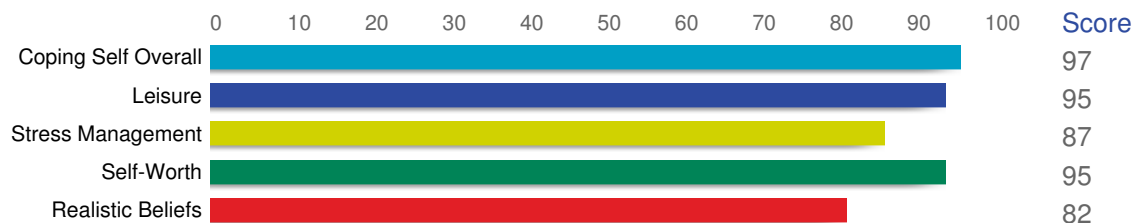
Wellness



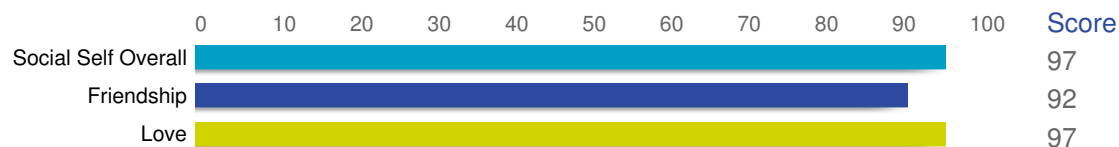
Creative Self

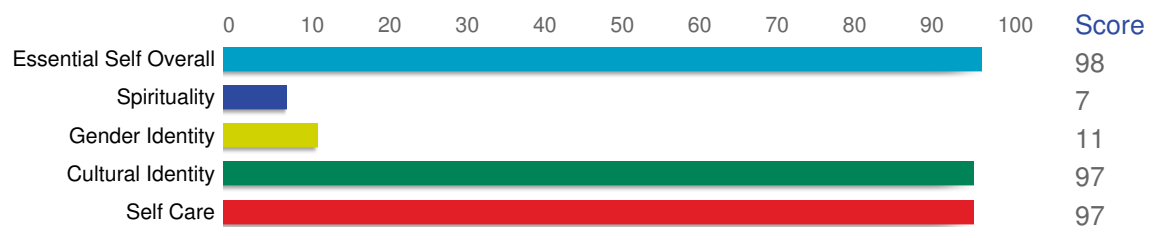
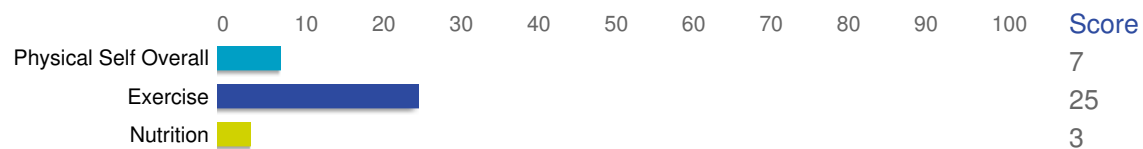
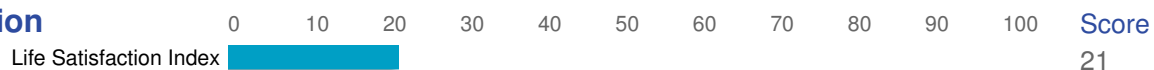
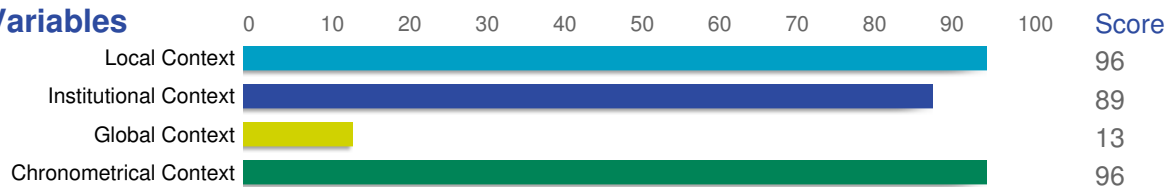


Coping Self



Social Self



Essential Self**Physical Self****Life Satisfaction****Contextual Variables**

Your Highest and Lowest Item Ratings

Following are the 20 items you had the most agreement for and the 20 for which you had the least agreement. The words "reverse of" the scale name indicates that the more in agreement the item is marked, the less it counts towards that scale. For example, if a regular item is rated "Strongly Agree," the score is 4. However, if a reverse-scored item is rated "Strongly Agree," the score is 1. The numbers can be interpreted with the labeling below:

4 = Strongly Agree: If it is true for you most or all of the time

3 = Agree: If it is true for you some of the time

2 = Disagree: If it is usually not true for you

1 = Strongly Disagree: If it is almost or never true for you

Highest twenty items rank ordered by agreement in the direction of wellness

Score	Scale	Item
4	Self Care - R	I regularly get enough sleep.
4	Chronometrical Context	Complete text appears in actual report.
4	Institutional Context	
4	Chronometrical Context	
4	Local Context	
4	Local Context	
4	Love	
4	Emotions	

Score	Scale	Item
4	Self Worth	I like myself even though I am not perfect.
4	Work	Complete text appears in actual report.
4	Love	
4	Friendship	
4	Thinking	
4	Love	
4	Self Worth	
4	Emotions	
4	Cultural Identity	
4	Love	
4	Work	
4	Emotions	

Lowest twenty items rank ordered by agreement in the direction of wellness

Score	Scale	Item
4	Reverse of Local Context	I am afraid that I or my family will be hurt by terrorists.
3	Reverse of Realistic Beliefs	
3	Reverse of Realistic Beliefs	<i>Complete text appears in actual report.</i>
3	Reverse of Realistic Beliefs	
2	Reverse of Realistic Beliefs	
2	Reverse of Realistic Beliefs	
1	Spirituality	
1	Spirituality	
1	Spirituality	
1	Institutional Context	
2	Nutrition	
2	Nutrition	

Score	Scale	Item
2	Gender Identity	Being a male/female is a source of satisfaction and pride to me.
2	Nutrition	
2	Gender Identity	<i>Complete text appears in actual report.</i>
2	Work	
2	Control	
2	Exercise	
2	Emotions	
2	Gender Identity	

Take Time to Reflect on Your Wellness

Wellness is a process. It means making choices to create a healthy lifestyle. You can improve your wellness by taking small steps, and you can start today. Some changes you can make all on your own. For others, you might want to get help. Your school counselor, teacher, older siblings, or parents might be people you can ask for help.

What is one area of wellness you want to change?

What are some things you can do to improve your wellness in this area?

(Example 1) If **nutrition** is an area that you want to change, make a list of things you can eat to be more healthy.

(Example 2) If you want to **cope better with stress**, start by writing down all of the things that make you feel stressed. Then write down how you would like to feel when those things happen. Who can help you make a plan to do those things?

More extensive exercises and examples for building your wellness are available with the The Five Factor Wellness and Habit Change Workbook available through Mind Garden, Inc.,
<http://www.mindgarden.com/products/ffwels.htm>

The Indivisible Self

The Five Factor Wellness Inventory (FFWEL) includes 23 factor scores, four context scores, and one overall life satisfaction index. The Indivisible Self model of wellness is shown on the next page. As you study this model, think about how the factors of wellness relate to one another. The central part of the model is the Indivisible Self. While we can study each of the factors of wellness one at time, and work to change each area of wellness with selected activities and goals, it is important to recognize that the real Self truly cannot be divided. Any area of wellness you choose to change will have an affect on all other areas as well. So, by developing a wellness plan to change in any one area, you will improve your wellness in other areas and your total wellness.

For further information about the Indivisible Self model and graphics of the Wheel of Wellness, see http://libres.uncg.edu/ir/uncg/f/J_Myers_Indivisible_2004.pdf

THE INDIVISIBLE SELF:

An Evidence-Based Model Of Wellness

CONTEXTS:

Local (safety)

Family
Neighborhood
Community

Institutional (policies & laws)

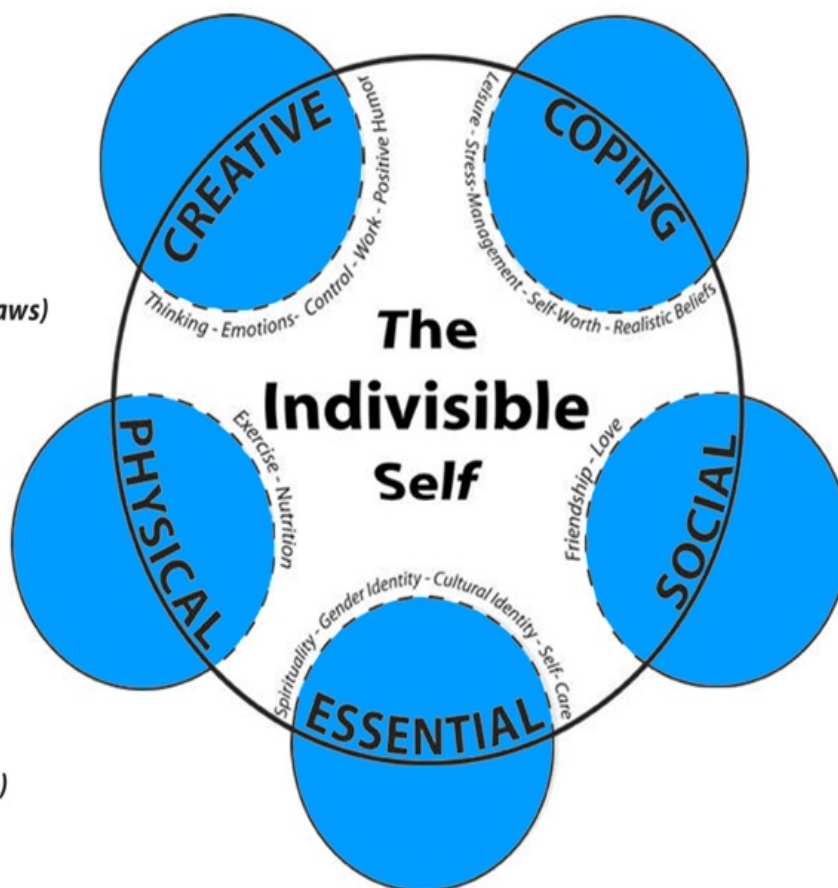
Education
Religion
Government
Business/Industry

Global (world events)

Politics
Culture
Global Events
Environment
Media

Chronometrical (lifespan)

Perpetual
Positive
Purposeful



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Demographics

Question	Answer
What is your current marital status?	Single
What is your current employment status?	Employed Part Time
Are you currently a student?	No, Not Currently a Student
What is the highest level of education you have completed?	Bachelor's Degree
If you have an advanced degree, please specify your highest degree.	not applicable
What is your biological gender?	Female
What is the primary cultural background with which you most closely identify?	Caucasian