

# *jClare's Holistic Healing Arts*

## **Health Balance Assessment Guide**

This simple assessment tool can help you to realize just how in sync you are with the natural health guidelines. Before you take the assessment, print these pages (8.5" X 14"). Then, read through this easy guide for tips on understanding how to assess your regular activities in each health categories. The best way to utilize this tool most effectively is by being totally honest about your habits, your lifestyle - yourself!

**God Connection** - Think about how often you engage in activities that nourish your spirit. Examples include prayer, church attendance, participation in spiritual groups or activities, participation in group or individual praise & worship services, reading or studying spiritual material, or other means of nourishing your spirit. Only consider meaningful spiritual activities that nurture & nourish your spirit.

**Meditation: A Healthy Mind & Emotions** - This is about the time you spend silencing your mental chatter, learning to focus on positives, listening to guided meditations or simply being quiet to listen to God. Ask yourself how often you engage in periods of quiet stillness and total relaxation. Think about how often you engage in mind-strengthening exercises or reading material.

**Physical Exercise** - Self-explanatory! How often do you engage in physical exercise? (examples: weight lifting, yoga, Pilates, aerobics, martial arts, jogging, walking, etc.). If your occupation includes physical exertion, this counts as exercise! You can also gain physical exercise through certain recreational activities. Be creative in this!

**Recreation** - How often do you engage in physical activities for the sheer fun of it? (examples: Bowling, Skating, Mountain Climbing, Canoeing, ball sports, etc.). Many recreational activities can also count as Physical Exercise!

**Relaxation** - How often do you engage in activities that leave you rested and refreshed? (examples: pleasure reading, gentle swinging or laying in a hammock, napping on the beach, meditation, a bubble bath, a massage, etc.)

**Restful Sleep** - How often do you sleep long enough to enter the REM (rapid eye movement) or *dream* period? You can tell because you wake up refreshed and rejuvenated as opposed to feeling tired and sluggish as if you just went to sleep!

**Sunshine & Fresh Air** - How often do you get outside (even when it's cloudy), to stretch, breathe deeply and simply enjoy the daylight? Add up those times and write your answer.

**Healthy, Regular Elimination (BM)** - Keep track of how often you have a sufficient bowel movement. How often? Remember – a sufficient amount should be equal to the length from your wrist to your elbow, 3 times per day.

**Healthy, Regular Elimination (Urination)** - How many times in a 24-hour period do you urinate? Not scant drops and dribbles, but a strong, steady stream for about 15 – 20 seconds. Do you urinate too frequently? What's your habit?

**Pure, Clean Water (Internal)** - Self-explanatory! How much pure, clean water do you drink every day?

**Pure, Clean Water (External)** - Also self-explanatory! How often do you bathe for external cleanliness and hydration?

**Healthful Diet** - Easy! What types of food do you usually eat?