Health Psychology

Self-Assessment

1. How often have you been ill the past 6 months?

(body awareness)

1. What is the primary way you cope with stressors in your life? Ignore, avoid, find a solution, calm self

(Stress management)

1. Have you delayed doctor visits or do you tend to not follow through with doctor’s recommendation?

(Conscientious Personality trait)

1. Do you have close relationships?

(Social Bonds)

1. Do you regularly exercise, do yoga, or meditate?

(Activity)

1. How do you manage anger? Sadness?

(Optimism)

1. Do you eat organic and avoid red meat?