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## Health Pillars Evaluation Questionnaire

Please rate each of the following statements on a scale of 1 to 5, where:

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

### I. Healthy Eating

1. I consume a balanced diet that includes a variety of fruits, vegetables, lean proteins, and whole grains.
2. I limit my intake of processed foods, sugary snacks, and unhealthy fats.
3. I prioritize portion control and mindful eating habits.
4. I drink an adequate amount of water throughout the day.
5. I make conscious choices to nourish my body with wholesome, nutrient-rich foods.

### II. Physical Exercise

6. I engage in regular physical activity that promotes cardiovascular health and strength.
7. I incorporate a variety of exercises, including cardio, strength training, and flexibility exercises, into my routine.
8. I aim to meet the recommended guidelines for physical activity each week.
9. I listen to my body and adjust my exercise routine based on my energy levels and physical capabilities.
10. I enjoy the benefits of exercise, such as improved mood, energy levels, and overall well-being.

### III. Quality Sleep

11. I prioritize getting sufficient sleep each night, aiming for 5-9 hours of restful sleep.
12. I establish a consistent sleep schedule, going to bed and waking up at the same time each day.
13. I create a relaxing bedtime routine to unwind and prepare my body for sleep.
14. I maintain a comfortable sleep environment that promotes relaxation and restorative sleep.
15. I address any sleep disturbances or insomnia symptoms promptly and proactively.

#### **IV. Healthy Relationship with Stress**

16. I recognize the signs of stress in my body and mind and take proactive steps to manage it.
17. I practice mindfulness techniques, such as meditation or deep breathing, to reduce stress and promote relaxation.
18. I set realistic expectations and boundaries to minimize sources of stress in my life.
19. I seek support from friends, family, or professionals when needed to cope with stressors effectively.
20. I view stress as a natural and manageable part of life, rather than an overwhelming burden.

#### **V. Healthy Relationship with Breath**

21. I practice mindful breathing exercises, such as the 4-7-8 breathing technique, to promote relaxation and stress reduction.
22. I am aware of my breath throughout the day and use it as a tool to ground myself in the present moment.
23. I pay attention to my breathing patterns and make adjustments to promote deeper, more intentional breathing.
24. I prioritize moments of stillness and reflection to connect with my breath and cultivate inner peace.
25. I appreciate the profound impact that conscious breathing has on my overall well-being.

#### **VI. Cognitive Stimulation**

26. I engage in activities that challenge and stimulate my brain, such as puzzles, games, or learning new skills.
27. I seek out opportunities for lifelong learning and personal growth to keep my mind sharp and active.
28. I stay intellectually curious and open-minded, exploring new ideas and perspectives.
29. I maintain a healthy balance between passive and active forms of cognitive stimulation, such as reading and problem-solving.
30. I value the importance of cognitive health and prioritize activities that support mental agility and resilience.

#### **VII. Optimal Socialization**

31. I cultivate meaningful relationships with friends, family, and community members that enrich my life.
32. I prioritize spending quality time with loved ones, whether through in-person interactions or virtual connections.
33. I seek out opportunities for social engagement and participation in group activities or events.



- 34. I communicate openly and authentically with others, fostering trust, empathy, and mutual respect.
- 35. I recognize the importance of social support in promoting mental and emotional well-being.

### **VIII. Healthy Relationship with Alcohol and Other Mind-Altering Substances**

- 36. I consume alcohol and other substances responsibly, in moderation, and in accordance with recommended guidelines.
- 37. I am mindful of the effects of alcohol and other substances on my physical, mental, and emotional health.
- 38. I make informed choices about whether to consume alcohol or other substances based on the context and my personal preferences.
- 39. I prioritize safety and harm reduction when consuming alcohol or other mind-altering substances.
- 40. I seek support and resources if I have concerns about my relationship with alcohol or other substances, such as speaking with a healthcare professional or attending support groups.

### **Scoring and Interpretation**

To score the Health Pillars Evaluation Questionnaire, add up the scores for each of the 40 statements. The total score will range from 40 to 200.

#### **Once you have calculated your total score, you can interpret it as follows:**

**40-80:** There is significant room for improvement in multiple areas of your health pillars. Consider focusing on enhancing your habits and practices to better support your overall well-being.

**81-120:** You are making some efforts to prioritize your health pillars, but there is still room for growth and refinement. Identify areas where you can make small changes to further optimize your health and wellness.

**121-160:** You have established a solid foundation in many aspects of your health pillars, demonstrating a proactive approach to maintaining your well-being. Continue to build on your strengths and address any areas where improvement is needed to further enhance your overall health.

**161-200:** Congratulations! You have demonstrated a strong commitment to prioritizing your health pillars and have established healthy habits and practices across the board. Continue to maintain your positive lifestyle choices and seek opportunities for ongoing growth and development.

Remember that this questionnaire provides a snapshot of your current state of well-being and should be used as a tool for self-reflection and goal setting. Use your results to identify areas where you can make positive changes and take steps towards optimizing your health and happiness.

Thank you for completing the Health Pillars Evaluation Questionnaire. Your responses will help you assess your current level of well-being and identify areas for improvement to optimize your health and happiness.