

ENVIRONMENT ASSESSMENT

The space you live in can affect your comfort, organization, stress level, and relationships. Sometimes making changes in how you use your space can help with aspects of wellness such as stress reduction, sleep, taking medications regularly, and food preparation.

	My environment supports this	Sometimes my environment supports this	My environment makes this challenging	<i>Has this changed recently?</i>
Relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Getting a good night's sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Preparing meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Getting to work on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Staying organized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Paying bills on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Privacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Getting chores done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Enjoying other people's company	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Buying food and other necessities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Feeling safe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Other _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO

Is there a part of your environment you would like to change? YES / NO