

Collateral Wellness Survey
Our Attitudes Towards Safety and Security

How well do you control “Wellness Blocks” in your life? Wellness blocks are anything that can slow or stop your efforts to achieve and maintain wellness. In some cases, people feel as if they have no control over the wellness blocks in their lives, but we all have choice in every area of our lives.

There are two parts to this survey.

Part One

Rate how well you deal with the following situations concerning Collateral Wellness.

“1” means that your safety and security are highly compromised most of the time and “10” means that you have full control over your safety and security most of the time.

Safety at home
How can you improve your safety at home? 1 2 3 4 5 6 7 8 9 10

Safety at work
How can you improve your safety at work? 1 2 3 4 5 6 7 8 9 10

Safety at school
How can you improve your safety at school? 1 2 3 4 5 6 7 8 9 10

Safety in vehicles (cars, trucks, buses, bikes).
How can you improve your safety in vehicles? 1 2 3 4 5 6 7 8 9 10

Safety while travelling (air, train, boat).
How can you improve your safety while travelling? 1 2 3 4 5 6 7 8 9 10

Safety in sports and recreation.
How can you improve your safety in sports and rec? 1 2 3 4 5 6 7 8 9 10

Safety in personal behavior, such as sexuality.
How can you improve your safety in personal behavior? 1 2 3 4 5 6 7 8 9 10

Part Two

The items above are just a sampling of the many situations in our lives, in which we might compromise our collateral wellness. The effort it would take, to mitigate the chances of having an encounter with violence or injury or illness, is quite small, but so many of us just can't be bothered to worry about it.

It comes down to attitude and choice, so the bulk of this questionnaire deals with these issues instead.

Would you agree that a lack of personal safety and security leads to stress management issues for you or the people in your life who care about you?

Would you characterize your approach to safety and security as proactive or reactive?

Does your behavior compromise the safety and security of others? Does this bother you?

Describe a time when you found yourself in an unsafe situation, one, in which, you experienced violence or injury or serious illness, because of your actions or lack of action.

How did you handle this stressful situation? How might it have been different if you had taken the time to consider your safety and security before you engaged in the experience?

If this type of experience happened again, do you feel that you would deal with it differently?

How do you feel when others express concern to you about your safety and security? Are you annoyed or appreciative?

What would your friends and family say about your attitude towards safety and security and collateral wellness? Would you say that they are afraid for you or worried about you much of the time?

Are you too busy to worry about collateral wellness? What steps or actions can you take to make time to address safety and security issues in your life?

How thorough is your knowledge of safety and security? How can you improve this knowledge?

Neglect can be an issue as well. Sometimes, we don't engage directly in unsafe actions, but we do neglect ourselves or people, for whom we are responsible. Neglect can have long-term slower impact on safety and security. Do you think that you are a neglectful person in terms of issues of safety and security?

When you act in an unsafe or neglectful manner that compromises safety, do you have expectations that people in your life or society will bail you out when you get into trouble?

We hear all the time about how we must work hard to care for the environment, society, our communities, and even starving children in Africa, but how can we do this when we are so stressed out that we can barely even properly care for ourselves.

In my opinion, collateral wellness is the ultimate challenge. If people were to add a touch of collateral wellness to just about everything they do, they would find that much stress disappears in their lives and in the lives of people who care about them.

Many people would say that collateral wellness seems like a silly name for a wellness category about safety and security, but the definition that we have chosen to highlight is the idea of serving to support or reinforce.

What is your attitude about supporting or reinforcing yourself? Choosing to be safe and secure in the world means we have to believe in supporting and reinforcing ourselves.

It's only then that our family members and friends can stop worrying about us. It's only then that we can truly make a dent in all the problems in the world. When we through caution to the wind and go crazy, everyone suffers.

Yours in Collateral Wellness,

Jill Prince, the Prince of Wellness