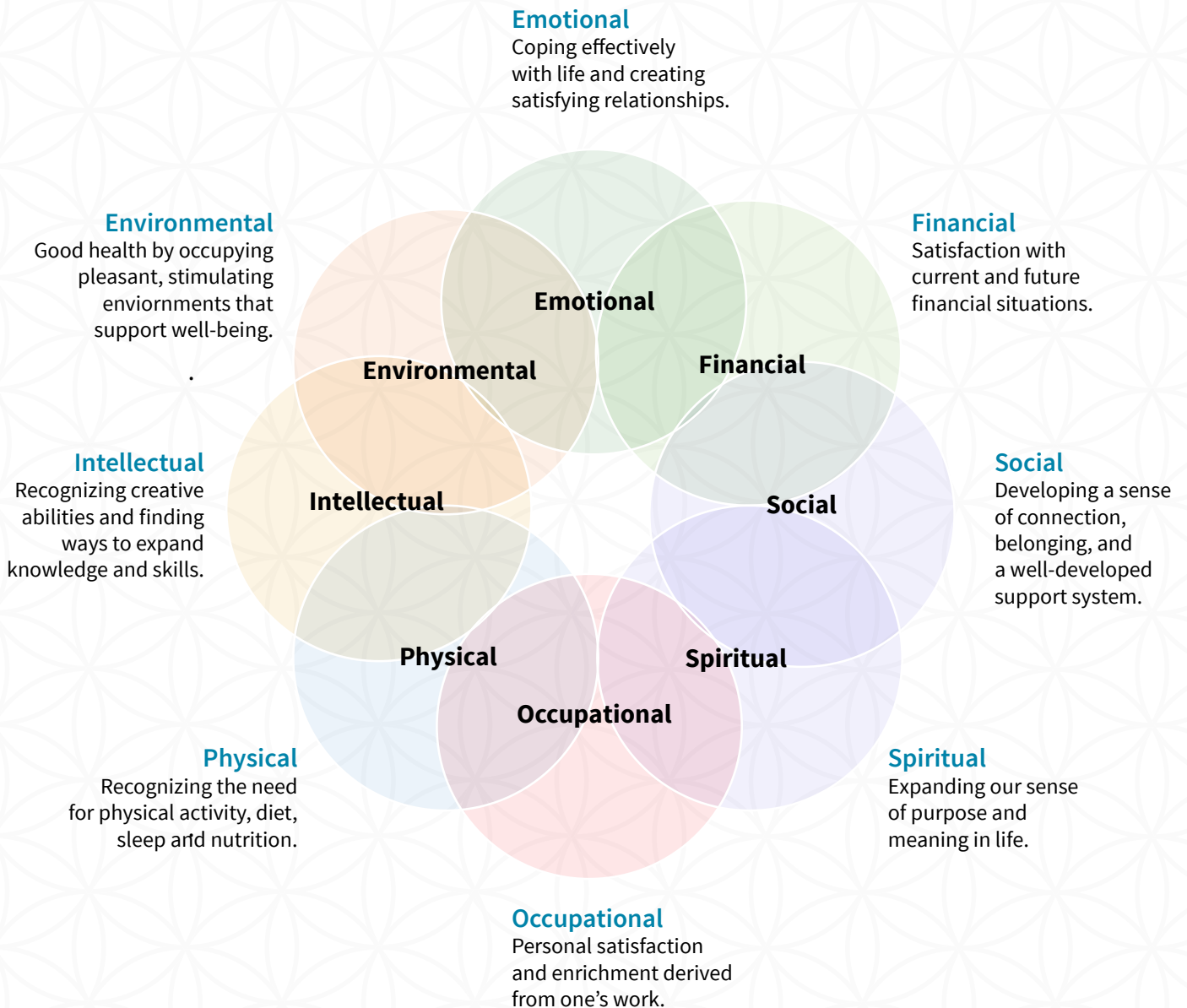




Wellness Self-Care Plan

Wellness is a conscious, deliberate process that involves being aware of and making choices to do activities, habits and routines that enhance wellbeing in 8 dimensions. Wellness Self-Care includes the activities and practices we do on a regular basis to meet our wellness needs and manage stress.











Take your Wellness Pulse:

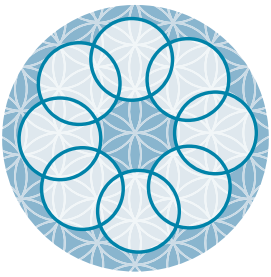
<https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/>



Wellness Strengths

Use the space below to list what you do each day or often to meet your wellness needs in each dimension. These are your wellness strengths. Remember these are things you can do to feel/be well and manage the inevitable stress that will occur as you balance work-school-life demands.

 Physical	 Environmental
 Social	 Financial
 Emotional	 Occupational
 Intellectual	 Spiritual



Working with Obstacles

Sometimes, life gets in the way of doing the things that support wellness.

Sometimes things like a commitment to a friends and family, getting a cold, or feeling unmotivated may get in the way. Circumstances also get in the way, such as a full schedule of courses, working, or even the weather. There may be expected or unexpected situations or events that can lead to an emotional reaction or cause unpleasant physical or emotional symptoms to emerge.

Think about and list what you can predict could get in your way and cause stress or a crisis for you. Include personal factors, circumstances, and situations that could make it hard for you to stick with doing things that help you well. List what you can do, your wellness strengths and wellness self-care habits.

What May Get in My Way	What I Can Do





Daily Self-Care Plan

Today I will focus on:

- _____
- _____
- _____



SELF-CARE ACTIVITIES I PLAN TO DO

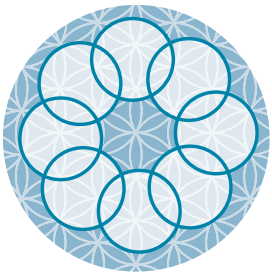
 Physical	 Environmental
 Social	 Financial
 Emotional	 Occupational
 Intellectual	 Spiritual

Prepare for sleep at:

Wake up at:

TODAY I WAS GRATEFUL FOR:

TOMORROW I WILL:



Things You Can Do



PHYSICAL

- Choose nourishing foods
- Sleep enough so you have energy and stamina
- Do small things to relax
- Do positive activities to relieve stress
- Move mindfully each day, like stretching or walking



FINANCIAL

- Be mindful of spending habits by saving and reviewing receipts
- Make educated spending decisions
- Record income and expenses and review often
- Stay within a budget
- Have money on hand to meet current expenses
- Notice spending triggers



ENVIRONMENTAL

- Clean and organize personal spaces
- Spend time in places that feel good
- Go outside, even for short periods of time
- Go to places and spaces that feel safe
- Be in nature and listen to the sounds



EMOTIONAL

- Do activities or practices that relieve stress and tension
- Do enjoyable activities
- Reflect on your feeling and express through talking or engaging in activities
- Laugh often



SPIRITUAL

- Reflect on personal values and beliefs
- Do activities and rituals that align with values and beliefs
- Express gratitude for the good things going right in your life
- Reflect quietly each day, even for short moments
- Do activities of daily living with mindful intention



OCCUPATIONAL

- Create structure and routine
- Do activities that feel most productive
- Balance your daily activities to best meet your needs and daily rhythms
- Do things with other people you care about who uplift you



INTELLECTUAL

- Learn new things
- Look up information that you don't know from credible sources
- Take a few moments to pause reflect and unplug during the day
- Do activities that draw on talents and creativity, like music, art, journaling
- Practice and build skills in areas that are interesting and important to you



SOCIAL

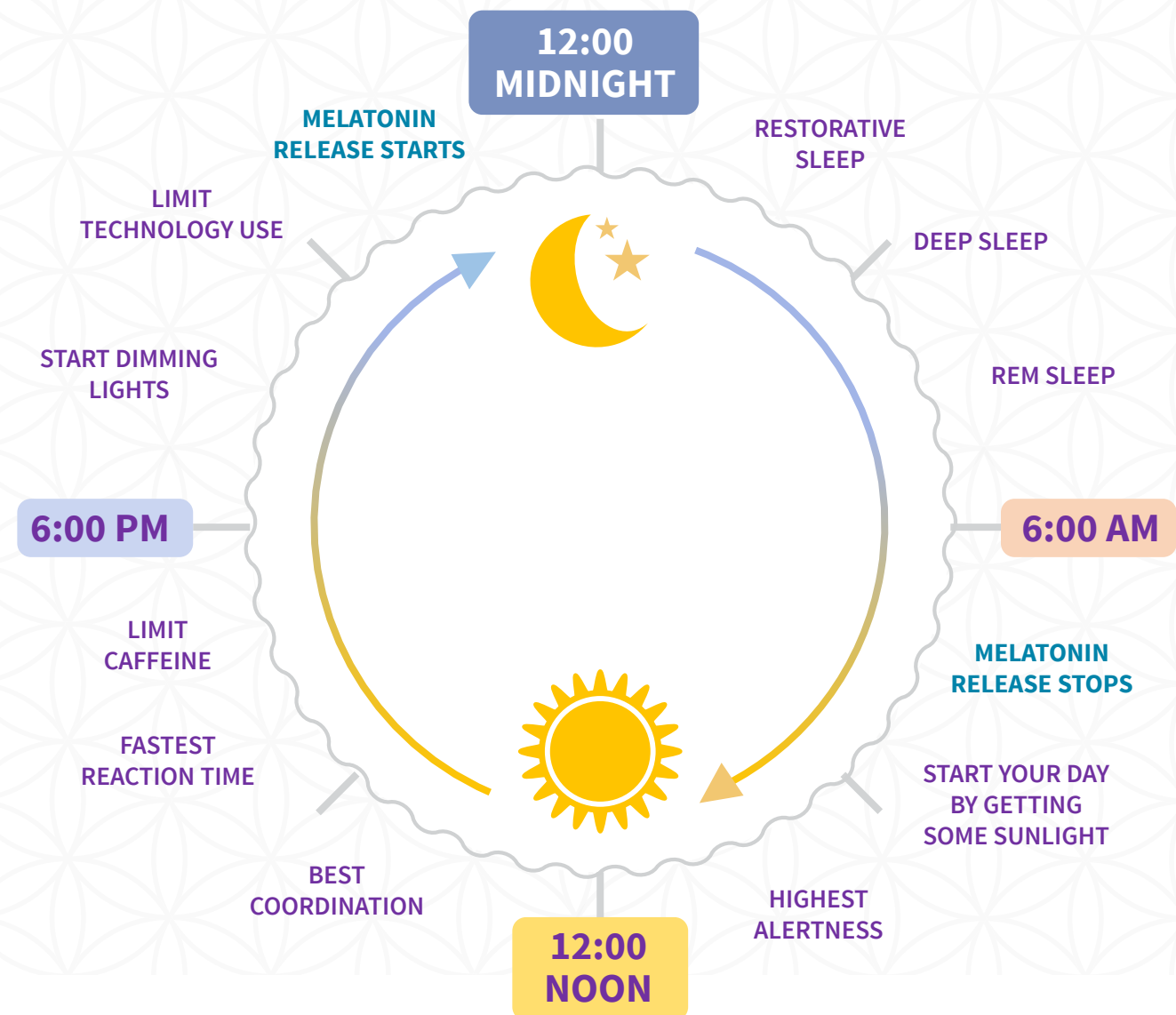
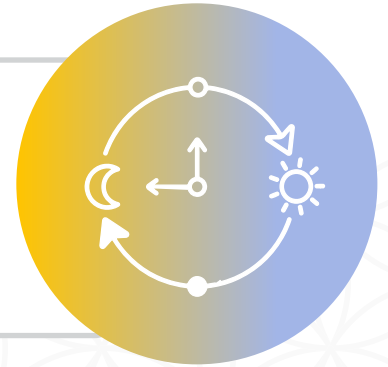
- Give others support for emotional or practice needs
- Seek support for emotional or practical needs
- Be with or reach out to other people who validate and appreciate you
- Limit contact with people who drain you physically and emotionally
- Communicate with a variety of people to learn from them and share your support



Wellness Rhythms

Plan time to study, work, sleep, socialize and do your activities of daily living and wellness self care habits to align with your circadian rhythm.

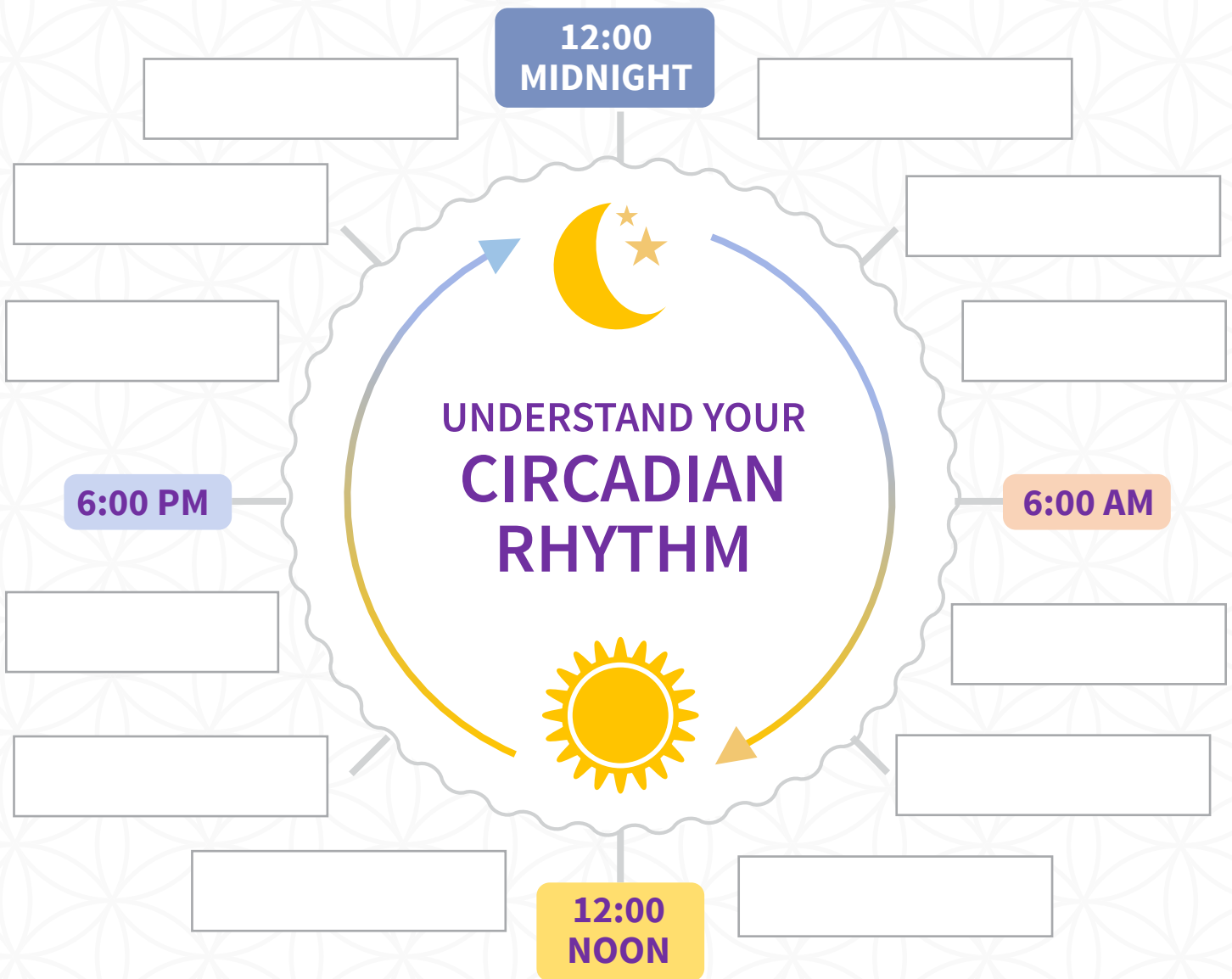
<https://www.cdc.gov/niosh/emres/longhourstraining/clock.html>

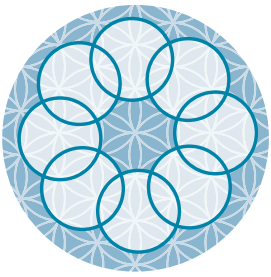




Create Your Own Wellness Rhythm

Add activities in each box at time that best meet your own needs to focus, have energy or wind down.





Wellness Habits

Find ways to add these to your life every day.



Music

Make it a habit to listen to music. Listening to music has many wellness benefits. It can uplift by improving mood, alertness, and energy. It can calm, reducing anxiety, blood pressure, and pain. Music also can have a positive effect on sleep.

- Create a list of your favorite songs that uplift or are calming
- Create playlist of these favorite songs so you can readily access

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music>



Nature

The sights, sounds, and smells of the natural world contribute to wellness in many ways. Spending time outside can reduce stress, calm the mind, and restore a sense of balance.

- When and where can you go outside even for a few minutes
- Getting outdoors at any time especially the morning for a short walk can be very helpful for physical and mental health
- Listening to the sounds of the birds, or other wildlife can be very calming

[source: <https://www.apa.org/monitor/2020/04/nurtured-nature>]



Movement

Regular movement boosts mood and improves physical health. Gentle movements also can reduce tension.

Mindful movement is especially beneficial, by adding a focus on sensations, like how the feet feel when walking, or how the shoulders feel after a big stretch.

- Plan short movement snacks throughout the day
- Even 3-4 minutes stretch can help
- Set you timer to get up and walk at certain intervals throughout the day



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