

What is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.



WELLNESS PLANNING WORKSHEET

Areas of Wellness	Rating (1-10)	Practices to keep	Practices to try
EMOTIONAL Coping effectively with life and creating satisfying relationships			
FINANCIAL Feeling satisfied with current and future financial situations			
SOCIAL Developing a sense of connection, belonging and support with others			
SPIRITUAL Discovering a sense of purpose and meaning in life			
OCCUPATIONAL Finding personal satisfaction and enrichment in one's work			
PHYSICAL Acknowledging the importance of activity, nutrition and sleep			
INTELLECTUAL Recognizing creative abilities and finding ways to expand knowledge and skills			
ENVIRONMENTAL Maintaining good health by occupying pleasant, stimulating environments that support well-being			

OVERALL BALANCE: What do I observe with this assessment?

WELLNESS PLANNING WORKSHEET

<p>WHAT'S WORKED</p> <ul style="list-style-type: none">• When have I been successful with wellness?• What did I do?• What strategies worked well?	<p>BARRIERS</p> <ul style="list-style-type: none">• What might get in the way of my wellness?• Why is this an issue for me?• How can I overcome these?
<p>CHECK-INS</p> <ul style="list-style-type: none">• What's my plan for checking in with myself?• What are some signs I need to dedicate more time to wellness?• What are signs when I need emergency self-care?	<p>EMERGENCY SELF-CARE & COPING WITH STRESS</p> <ul style="list-style-type: none">• What positive coping strategies work for me?• What negative coping strategies do I need to avoid? What will I do instead?• What is something I can do immediately?• What is the best way I can prevent emergency/keep stress at bay?

ENVISIONING SUCCESS: When I implement my plan, how will I feel? What will it look like?

WELLNESS: GETTING STARTED

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RECOGNIZING PROGRESS

When you rated yourself, what came to mind as an area of wellness where you've made progress?	
What positive wellness practices are you doing in this area?	What have you seen as a result? How do you feel when you complete these positive wellness practices?
How have you made these wellness practices a priority?	How can you apply these learnings to other areas of wellness?

CONTINUING PROGRESS

When you rated yourself, which wellness area came to mind as an area to prioritize this year?	
What positive wellness practices would you like to try?	What negative wellness practices would you like to avoid?
What are your barriers?	How can you overcome these barriers?
What does success look like?	
How will it feel?	

What is one wellness practice you can do today to take a step forward in progress?
