

Wellness - Frameworks and Strategies

1. Module 2

1.1 Wellness Matters



Notes:

Wellness Matters

Frameworks and Strategies

Northeast and Caribbean MHTTC at Rutgers University

2019

1.2 Mental Health Professionals



Notes:

Mental health care professionals commit time and energy to the care of others every day, yet it can be difficult to find the time and energy to address our own self-care. Multi-dimensional wellness is one framework we can use

to reflect upon different areas of our life. We will be walking through this practical model and applying it to our own lives to promote our wellness.

1.3 About



Notes:

Welcome to the second course in this series of three on self-care for mental health professionals! I am glad you could join me as we talk about the topic of Wellness, Frameworks and Strategies.

There are three modules in this series, each taking approximately one hour to complete. You are now in module 2.

This module contains content focusing on different aspects of wellness, along with resources, multimedia, reflective opportunities via the “Reflect” circle, special notes for mental health professionals via the “For Mental Health Professionals” circle and case studies. It also uses a workbook; Creating a Healthier Life Guide by SAMHSA. The link is provided in both the course and Resource section.

Progressing through the modules is straightforward. There are links at the top area for Resources, a transcript and to Exit the course. You can pause the audio at any time. Printed instructions can be found in the Resource section of the module.

1.4 Your Guide



Notes:

My name is Michelle Zechner. I am an Assistant Professor at Rutgers, Department of Psychiatric Rehabilitation and Counseling Professions. I have been interested in health, wellness and self-care strategies for about 15 years. Much of my work has centered on helping people living with mental health conditions, their family members, and the staff who support them.

I have worked in a variety of places, including community and inpatient mental health settings, nursing homes and in-home services. In my current role, I work with a wide range of mental health professionals to provide training and consultation on several evidence-based practices, teach students and conduct research on motivational health and wellness practices.

I am passionate about multi-dimensional wellness and have worked on understanding how to use the model for health coaching, engaging staff, caregivers, service participants and developing new programs.

1.5 Objectives



Notes:

Click on the tiles to view the objectives for this module. At completion of this module you will be able to:

- Describe a multi-dimensional wellness model for self-care
- Apply wellness models to your personal and professional life
- Identify your strengths and challenges to wellness
- Identify unique issues of wellness for mental health professionals

1.6 Dr. Peggy Swarbrick



Notes:

There are many definitions of wellness, but I particularly like Dr. Peggy Swarbrick's definition of wellness, which was later adapted by SAMHSA.

The framework of wellness says that we must be aware of our actions. In the previous course we spoke about the strategy of mindfulness. Having an awareness of our current moment and paying attention to our actions contributes to wellness.

Wellness is also deliberate, meaning we must consciously consider our wellness, and how we can live a more balanced and positive life. Paying attention to our own wellness, can help us take daily strides toward health and balance. The more we can assess and reflect upon our own wellness, the more likely we are to notice when our batteries are drained and when we may need to choose additional self-care activities to prevent burn out and stress.

1.7 Action



Notes:

A commitment to wellness means taking action to do something for your self-care.

The actions you take might be practical such as reducing the amount of soda you consume each day or walking more. Your wellness actions might focus on other areas such as creative expression, spiritual well-being, or community connections. What you do isn't as important as actually doing something. The focus is on working towards balance in all areas of life to improve overall well-being.

1.8 First Step



Notes:

A basic way to think about wellness is taking steps, sometimes very small steps, to live a better life however you define a better life or successful existence. It takes courage, drive and a bit of fearlessness to look at yourself comprehensively, identify your strengths and challenges, and determine what steps you are willing to take to improve your life. The first step is to learn more and become aware of your wellness. Congratulations! Right now you are taking the first step toward improving your wellness!

1.9 8 Dimensions



Notes:

Many researchers have discussed multidimensional wellness including Hallbert Dunn, Bill Heftler and Peggy Swarbrick. This model from SAMHSA comes out of the work by Dr. Swarbrick and includes 8 different dimensions.

The dimensions overlap and influence one another. In order to stay healthy and well, a person must work toward balance among the areas. Lack of wellness in one dimension can negatively impact other dimensions. For example, focusing too much on one dimension, such as occupational, and working 80-90 hours per week might cause significant issues in another dimension. This hyper focus on work could interfere with your physical, emotional, intellectual, spiritual and social well-being. Of course, it might really be a great thing for your financial well-being, but at what cost to the other areas of your life.

1.10 Video - 8 Dimensions



Notes:

Watch this video for an introduction to the 8 Dimensions of Wellness.

(this video is the 8 Dimensions of Wellness shown on youtube here:

https://www.youtube.com/watch?time_continue=7&v=2NR4_5dt7JA&feature=emb_logo)

1.11 Plan



Notes:

As we explore the 8 dimensions of wellness, download and print the SAMHSA Creating A Healthier Life Guide using the link provided or have the workbook open on your screen. As we review each dimension, you will want to explore the corresponding section in this resource guide to assess your own wellness. You will also be prompted to reflect on your activities in each dimension as they are reviewed.

The wellness framework is always strengths-based, positive and affirming of who we are as individuals. It can be a fun self-exploration to note what we

do well, what we might like to do better and the wellness goals we want to develop. Keep this in mind as you progress through the module.

The guide can be found here:

<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

1.12 Emotional Dimension



Notes:

Let's begin by looking at the emotional dimension of wellness.

This dimension is about experiencing and managing your feelings, being able to cope with stressful events, taking on difficult situations and challenges, and being able to accept yourself (including the positives and opportunities for improvement). It is about having self-confidence, self-esteem, self-control, determination, and having direction in our lives. The emotional dimension is also about understanding healthy limits and boundaries in our personal and professional relationships. You are probably already doing many things that help you manage your emotional wellness now.

Just as a reminder, click on the "Reflect" circle to identify your thoughts about the Emotional Dimension. Your thoughts will not be saved after you exit the module, so feel free to jot some ideas on a piece of paper or the SAMHSA

Creating a Healthier Life Plan as you go along also.

Click on the “For Mental Health Professionals” to explore additional examples of how this dimension may be experienced by mental health professionals. Then review the corresponding section of the Creating a Healthier Life Guide.

Reflect

Self-regulation and managing emotions is critical for mental health practitioners because we work with other people’s emotions every day. Think about the coping skills you have used in the past during difficult situations. What has supported your emotional wellness?

Examples might include being open to and acknowledging your feelings without judgement, taking responsibility for your actions, journaling or other methods to help you stay calm or manage stress in ways that work for you.

Enter your thoughts here.

For Mental Health Professionals

Here are some examples of strategies for Mental Health professionals. It can be useful to think about how you express your emotions. Difficult emotions can be challenging to manage when you are working with people. Be aware of the emotions you have when you are working with a client or service participant. For example, does this person remind you of a family member? Or, is their story extremely difficult to hear due to the nature of it? What have you done, or could you do to manage your own emotions when you are interacting with a client or immediately after the session?

To avoid risks of burnout and experiencing secondary trauma, finding ways to manage our emotions in a healthy way will help. A critical strategy for avoiding burnout is to establish good professional and work boundaries. That might mean limiting the amount of overtime we take, or the time we spend on-call, as well as, the types of clinical boundaries we set with our clients.

What are the ways that you set professional boundaries with clients and with your work in general?

1.13 Spiritual Dimension



Notes:

Spiritual wellness is an important area of our health that can guide our self-care in many ways. In broad terms, spiritual wellness is the ability to reflect on our values and find connection to something greater than ourselves.

Spirituality in wellness also means considering the meaning and purpose of our lives and what we want to contribute to the world. Actions that can support our spiritual wellness include connections to our cultural traditions and beliefs related to our cultural identity. Promotion of spiritual wellness may also include seeking wonder and having hope about the future, a sense of peace and well-being and personal internal emotional balance.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Reflect

Take a moment to think about the values, principles and beliefs that are most important to you. Is helping others something that drives you? Is being around people and improving the world something you find important? These are just a few ideas of why many of us have gotten into the work of mental health.

Consider how you might get involved in a community group that expands your spiritual practice and wellness. How can you help others in need? How can you invest time most days to reflect on your spirituality?

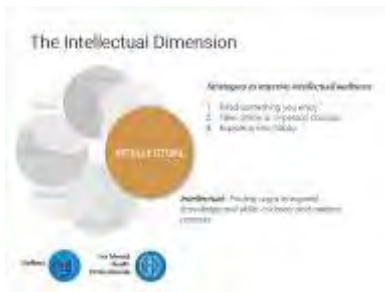
Enter your thoughts here.

For Mental Health Professionals

Some general approaches to improve spiritual wellness include spending time reflecting on personal and work values and what is most important to you. This can remind us of why we began this work, what we hope to accomplish and where we want to go professionally.

Connecting to our values, sense of purpose and meaning can be especially important to prevent secondary trauma and burden, and to remind us of hope during difficult situations.

1.14 Intellectual Dimension



Notes:

The dimension of intellectual wellness focuses on increasing our knowledge and skills and exploring our sense of curiosity, creativity and hobbies.

Intellectual pursuits can include activities that inspire us, introduce us to new people, or even get us more physically active. Because wellness is so unique, there is no one way we will find our intellectual wellness. It's based on who we are and our interests.

Great resources in many areas include the local Parks and Recreation Department and the Adult Community Schools which offer sports and hobby classes. Many towns also have libraries with interesting discussions, movies, and activities. Another good resource is the massive open online course (MOOC) project, which allows people to take free courses from thousands of different places online.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Reflect

Learning something completely different is also good for our intellectual well-being. Think about something you have wanted to do for a while that might be fun and supports your wellness. Maybe you have considered a topic or skill you want to teach or learn. Think about continuing education or language classes. Engage your mind with memory enhancing games or have deeper conversations to gain more understanding of issues.

Enter your thoughts here.

For Mental Health Professionals

Exploring new things and improving our skills helps us grow as individuals, and can be useful for our work to improve clinical skills and support what we do to improve our self-care. Learning new skills or attending professional conferences can also help re-invigorate our passion for our work.

1.15 Physical Dimension



Notes:

Physical wellness is probably the most obvious type of wellness. It is those daily lifestyle practices that contribute to physical well-being and the actions we take to manage our health such as routine check-ups and getting medical or dental care when we need it. Physical activity is especially helpful to manage stress and improve physical well-being, however, it is an area most of us are challenged to start or improve. Many mental health professionals have identified exercise as critical to their self-care because it helps them to focus, relax and let go of the stress of working with people in challenging or crisis situations. (Norcross & VandenBos, 2018).

Other strategies to improve physical wellness include preparing a healthy meal for yourself and packing a healthy lunch, something that is good for both your physical and financial wellness. Another important area to consider is sleep. Adults typically need between 7-9 hours of sleep to function optimally. Less than that can

make us irritable, less-focused and more susceptible to illness.

It's important to note that our stress levels can influence our physical wellness. People with high levels of stress might be at risk for physical health problems like being overweight or having high blood pressure.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Reflect

Consider what you do each day to foster your physical well-being. Have you tried to plan for healthy meals and snacks? How about incorporating "shortcuts" to physical activity such as taking the stairs or parking further from the door? Consider starting a staff/client walking club to encourage fitness for all. Do you monitor and plan for enough rest each night? Assess your alcohol, tobacco and other substance usage to consider reducing these things if needed?

Enter your thoughts here.

For Mental Health Professionals

Stress can negatively impact our physical wellness. Too much stress can lead to headaches, stomach problems and other health issues. Be aware of your physical well-being. If we ignore our health, then we are at risk of being less effective in helping others.

1.16 Environmental Dimension



Notes:

Environmental wellness is about finding surroundings, spaces and places

that are safe, pleasant and stimulating. This can include home and work environments.

Our surroundings influence how we feel emotionally, physically and spiritually. They can set a tone for our thoughts and reactions which influences our work with our clients and colleagues.

Here are a few ideas to consider. Take some time to think about how you can make your home or work space comfortable and relaxing. Are there pictures or items that make you smile or feel joy? Is there music you can play in the background to help you feel calm?

Sometimes, our working or home spaces are dark, dreary, loud or otherwise not conducive to our wellness. In those situations, scouting out other places or surroundings that are conducive to our wellness is very important. Getting up and taking a walk during work can be a great way to enhance environmental, intellectual and physical well-being.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Reflect

What is an environment that promotes your emotional, social, physical and spiritual wellness? Are there environments that do not foster your wellness? If so, why not? Are there things you can do to modify or avoid these environments? What type of spaces inspire you? They could be places of worship, nature, or for people who enjoy reading, even the library! Decorating your spaces can serve as inspiration as well. Using pillows, plants, pictures or other decorations can make our environments more welcoming and personalized. Reduce clutter and incorporate styles and textures that you enjoy.

Enter your thoughts here.

For Mental Health Professionals

As mental health providers, at times our work environment may be particularly challenging to our wellness. We may work in cramped, restrictive or sterile workplaces that do not promote environmental wellness. In these situations, it may be helpful to give yourself an “environmental wellness” break by stepping outside or to another location once or twice a day, or, if possible, bringing in items to enhance the feel of your space.

1.17 Financial Dimension



Notes:

Financial wellness encompasses having an awareness of your current financial situation, preparing a budget, having knowledge of your debt and financial obligations, developing and planning for future financial situations and goals, and having a sense of satisfaction with your current situation.

Financial well-being contributes to other areas of wellness as well. If a person is struggling with debt, this likely puts a burden and strain on them, which can lead to lack of emotional wellness. Over time, increased stress can lead to other types of problems including physical health issues. The interconnectedness of the different dimensions makes balance in all areas important.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Reflect

What are you doing right now for your financial wellness? This might include developing a household budget, decreasing your debt or increasing your savings. What actions have you taken toward retirement planning?

Enter your thoughts here.

For Mental Health Professionals

In mental health positions, we are more likely to work for non-profit agencies with lower salaries. This, combined with educational debt can place us at risk for challenged financial wellness.

Creating a budget is something that we often teach our clients, but how many of us actually develop our own budget and stick to it? Having a budget gives a sense of what we have and what we would like to spend and save each month. It can also be valuable to periodically take an inventory of your income, debt and the savings you have in a one-month period to get a full picture of your financial wellness, and to figure out areas that might need more attention.

You may also want to set financial goals for your family, such as setting aside money for a new car, for education, or for that trip to Disney World that the family has been hoping for. Achieving financial goals can feel like a success and accomplishment.

1.18 Occupation Dimension



Notes:

Occupational wellness is most commonly thought of as our work, what we do to earn money but it is not limited to our jobs. It can also encompass how we organize our daily schedule. Occupational wellness refers to the activities we do each day to create a sense of meaning and purpose.

It may be helpful to remind yourself why you are doing the work that you do. For most of us in mental health fields, we began this work because we wanted to help people. By asking ourselves why we are still doing this work, we can find new reasons or remind ourselves of the reasons that we started this journey. This kind of thinking overlaps with spiritual wellness, emotional wellness and possibly other dimensions as well.

To focus on balance and to make sure your occupational dimension won't negatively impact your emotional dimension, take several breaks every day at work, even if they are short ones, to give yourself a rest. Sometimes working

through lunch and breaks is seen as a badge of honor. However, working through our breaks means we are more likely to be exhausted, experience compassion fatigue and have less energy. Treat yourself to lunch if you normally skip it, take some time to be around something that relaxes you during your day, or just step away from work a few times a day to prevent overwork or work addiction.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Assessment:

<https://grad.illinois.edu/sites/default/files/PDFs/ValuesExercise.pdf>

Reflect

How do you organize your days? What schedule do you maintain? Do you use a personal or family calendar? Do you make lists of things to do or daily accomplishments? How do you balance work obligations and home life? Are you in a career that fits your values? How do you acknowledge your professional and personal accomplishments?

Enter your thoughts here.

For Mental Health Professionals

Sometimes we can get into the trap of overworking or feeling too responsible for our clients. Remembering to keep your boundaries in place as best as possible between work and home can prevent overwork and burden.

1.19 Social Dimension



Notes:

Social wellness means connecting with other people through friendships, mentors, colleagues, peers, and our communities of choice.

Social wellness includes the community connections we have such as neighborhood associations, recreational groups, religious and spiritual communities or other opportunities for group connections. While the quantity of social connections varies by personal preference, the quality of connections is influenced by mutual respect, reciprocity and support.

To improve our social wellness, there are many different strategies. Some examples include reaching out to a supportive friend, especially when you feel stressed or overwhelmed by work or life. Another strategy is to build professional relationships with the people at work who may be available to support you and offer feedback about particularly difficult situations. It is also very important to find social support and wellness from people, communities and groups outside of work.

Reflect and explore by clicking on the blue circles below and then complete the corresponding section of the Creating a Healthier Life Guide.

Reflect

Think of what you enjoy in terms of social interactions and how your needs for social connections are best met. What strategies work best for you? Do you like big groups or more intimate connections? What community and professional groups are you connected to? Do you have opportunities to meet new people? When do you spend quality time with others?

Enter your thoughts here.

For Mental Health Professionals

Build professional relationships with the people at work who may be available to support you and offer feedback about particularly difficult job situations. You might find these relationships at your job or in other professional settings such as other similar organizations or professional organizations.

Social connections can help us reduce stress and put work in perspective.

1.20 Tips for Success



Notes:

Wellness is connected to self-care because it can help us assess and improve our actions when it comes to living the best life we can, coping with stress and living with purpose and meaning.

One critical practice related to wellness is to be willing to take an inventory of your personal and professional lives using self-reflection. You have taken that step as you have moved through this course completing the “Creating a Healthier Life Guide” or the in-course reflections.

Just like when we work with clients, we have to consider our own motivation, and think through the importance, confidence and readiness we feel for any change to our wellness or self-care that we might want to take. Once you have decided to make a change in your life, build up your self-confidence to make those changes by beginning with small steps. Small successes will lead to more and bigger successes.

The shift to self-care and wellness means you start to evolve your priorities. If you make wellness a priority, then it will be easier to add new self-care strategies to your daily routine like allowing yourself to take regular breaks, taking time off and trying to leave work at the office.

1.21 Checking In: Focusing In



Notes:

Take the time now to reflect on your responses to the dimensions of wellness self-assessment. Which dimension do you feel is your strongest? Pick one dimension you want to focus on and identify 2-3 goals. The SAMHSA workbook has many ideas and suggestions in each dimension. Record your goals in the journal by clicking on the book in the lower right.

Reflect

Which dimension do you feel is your strongest? Pick on dimension you want to focus on and identify 2-3 goals. The Creating a Healthier Life workbook has many ideas and suggestions in each dimension.

1.22 Phone Apps



Notes:

Technology can help in our desire to improve our wellness and meet our goals. There are many phone based apps that are available to target areas of

physical health, sleep, stress management, nutrition and exercise. There is no one perfect application out there, and what might work for one person may not help another. Think about your wellness and what area might benefit from tracking. For example, do you want to work on getting more sleep during the week? Are you curious about how many calories you should be eating each day or need to track your blood pressure or blood sugar values? Are you interested in tracking the number of steps you take each day? There are apps available for all of these areas and more.

1.23 Case Study



Notes:

Let's look at a real life example of a mental health professional struggling with her wellness. As you listen to her story, think about what advice you would give her based on what you have learned in this module.

Joannie works as a counselor in a hectic office. She is a very conscientious worker, often arriving early to start her day. She is dedicated to her job and her clients. However, recently, she is feeling anxious and tired.

1.24 Joannie



Notes:

Hi, Joannie here.

Lately I feel like a hamster on a wheel. I love my job but it is wearing me out. Because I need to get here by 7:30 am, I don't have much time to eat breakfast. By 11:00 am, I am on my fourth cup of coffee. I just grab something quick for lunch. By the end of the day, I am beat and want to go home. It seems every day is the same, day in and day out. I feel my clients rarely make the changes I suggest which is frustrating. I used to go to an exercise class, meet with friends or visit family but I haven't done that for a while. I try to make adjustments in my life but fall back into the old routines.

1.25 Reasons



Correct	Choice
X	Wellness is an active process
X	One has to commit to their wellness and change habits
X	The dimensions overlap. It is not as simple as “fixing” one aspect
X	Balance is key
X	Wellness is positive and affirming

All answers are correct.

Notes:

You want to help Joannie. Choose the most important points you would make in trying to talk to her about her wellness. More than one answer applies.

1.26 In Conclusion



Notes:

Wellness can be a self-care practice if we check-in with ourselves and learn about our own strengths and challenges in each dimension.

I encourage you to try some of the reflective practices in this module, and also to consider how this exploration of wellness might be helpful to you. Consider what might support or challenge your wellness.

The wellness perspective is a philosophy that encourages improved health in all areas. Our well-being consists of overlapping dimensions, and practical strategies to encourage us to be more active in our personal growth and health.

We've talked about the 8 dimensions of Wellness. Most models include the idea that there are overlapping dimensions, and that a person must try to achieve balance of health in multiple areas of their life. In order to address wellness in our lives, we must be curious and willing to reflect, assess our motivation and take action for healthier living.

1.27 Exit



Notes:

Thank you for taking **Wellness Matters, Self-Care strategies to SURVIVE** and

THRIVE for Mental Health for Professionals, module 2 in the series.

Our next section focuses on resilience. Join us!

2. For Mental Health

The below are the slides for Mental Health Professionals that match the Wellness Wheel. There is one slide for each dimension. On each slide there is a female figure, a yellow sticky note with points that match the narration and a reminder to double check the Creating a Healthier Life Workbook for the corresponding section for additional resources and content regarding that dimension.

2.1 Emotional



Notes:

Here are some examples of strategies for Mental Health professionals. It can be useful to think about how you express your emotions. Difficult emotions can be challenging to manage when you are working with people. Be aware of the emotions you have when you are working with a client or service participant. For example, does this person remind you of a family member? Or, is their story extremely difficult to hear due to the nature of it? What have you done, or could you do to manage your own emotions when you are interacting with a client or immediately after the session?

To avoid risks of burnout and experiencing secondary trauma, finding ways to manage our emotions in a healthy way will help. A critical strategy for avoiding burnout is to establish good professional and work boundaries. That might mean limiting the amount of overtime we take, or the time we spend on-call, as well as, the types of clinical boundaries we set with our clients.

What are the ways that you set professional boundaries with clients and with

your work in general?

2.2 Spiritual



Notes:

Some general approaches to improve spiritual wellness include spending time reflecting on personal and work values and what is most important to you. This can remind us of why we began this work, what we hope to accomplish and where we want to go professionally.

Connecting to our values, sense of purpose and meaning can be especially important to prevent secondary trauma and burden, and to remind us of hope during difficult situations.

2.3 Physical



Notes:

Stress can negatively impact our physical wellness. Too much stress can lead to headaches, stomach problems and other health issues. Be aware of your physical well-being.

If we ignore our health, then we are at risk of being less effective in helping others.

2.4 Intellectual



Notes:

Exploring new things and improving our skills helps us grow as individuals, and can be useful for our work to improve clinical skills and support what we do to improve our self-care. Learning new skills or attending professional conferences can also help re-invigorate our passion for our work.

2.5 Environmental



Notes:

As mental health providers, at times our work environment may be

particularly challenging to our wellness. We may work in cramped, restrictive or sterile workplaces that do not promote environmental wellness. In these situations, it may be helpful to give yourself an “environmental wellness” break by stepping outside or to another location once or twice a day, or, if possible, bringing in items to enhance the feel of your space.

2.6 Financial



Notes:

In mental health positions, we are more likely to work for non-profit agencies with lower salaries. This, combined with educational debt can place us at risk for challenged financial wellness.

Creating a budget is something that we often teach our clients, but how many of us actually develop our own budget and stick to it? Having a budget gives a sense of what we have and what we would like to spend and save each month. It can also be valuable to periodically take an inventory of your income, debt and the savings you have in a one-month period to get a full picture of your financial wellness, and to figure out areas that might need more attention.

You may also want to set financial goals for your family, such as setting aside money for a new car, for education, or for that trip to Disney World that the family has been hoping for. Achieving financial goals can feel like a success and accomplishment.

2.7 Social



Notes:

Build professional relationships with the people at work who may be available to support you and offer feedback about particularly difficult job situations. You might find these relationships at your job or in other professional settings such as other similar organizations or professional organizations.

Social connections can help us reduce stress and put work in perspective.

2.8 Occupational



Notes:

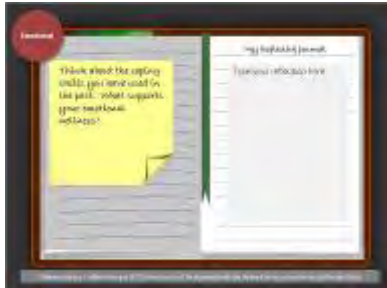
Sometimes we can get into the trap of overworking or feeling too responsible for our clients. Remembering to keep your boundaries in place as best as possible between work and home can prevent overwork and burden.

3. Reflections

The slides below are reflection slides. There is a graphic of a notebook with the title "My Reflective Journal" on the right. On the left is a sticky note that displays the reflection. These

reflections are not stored and are deleted once the user goes on to the next slide. These reflect the 8 dimensions of wellness with an assessment slide at the end.

3.1 Reflect - Emotional



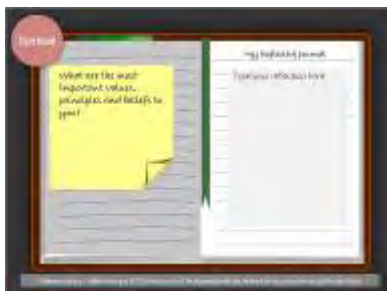
Notes:

Self-regulation and managing emotions is critical for mental health practitioners because we work with other people's emotions every day. Think about the coping skills you have used in the past during difficult situations. What has supported your emotional wellness?

Examples might include being open to and acknowledging your feelings without judgement, taking responsibility for your actions, journaling or other methods to help you stay calm or manage stress in ways that work for you.

Enter your thoughts here.

3.2 Reflect- Spiritual



Notes:

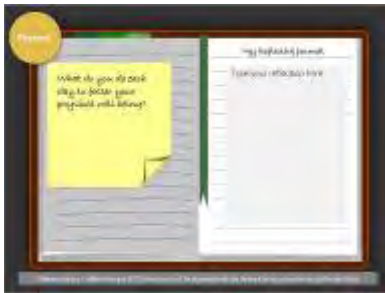
Take a moment to think about the values, principles and beliefs that are most important to you. Is helping others something that drives you? Is being around people and improving the world something you find important? These are just a

few ideas of why many of us have gotten into the work of mental health.

Consider how you might get involved in a community group that expands your spiritual practice and wellness. How can you help others in need? How can you invest time most days to reflect on your spirituality?

Enter your thoughts here.

3.3 Reflect- Physical

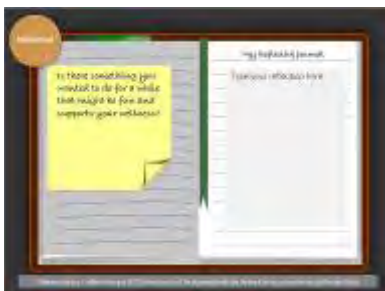


Notes:

Consider what you do each day to foster your physical well-being. Have you tried to plan for healthy meals and snacks? How about incorporating "stortcuts" to physical activity such as taking the stairs or parking further from the door? Consider starting a staff/client walking club to encourage fitness for all. Do you monitor and plan for enough rest each night? Assess your alcohol, tobacco and other substance usage to consider reducing these things if needed?

Enter your thoughts here.

3.4 Reflect- Intellectual



Notes:

Learning something completely different is also good for our intellectual well-being. Think about something you have wanted to do for a while that might be fun and supports your wellness. Maybe you have considered a topic or skill you want to teach or learn. Think about continuing education or language classes. Engage your mind with memory enhancing games or have deeper conversations to gain more understanding of issues.

Enter your thoughts here.

3.5 Reflect - Environmental



Notes:

What is an environment that promotes your emotional, social, physical and spiritual wellness? Are there environments that do not foster your wellness? If so, why not? Are there things you can do to modify or avoid these environments?

What type of spaces inspire you? They could be places of worship, nature, or for people who enjoy reading, even the library! Decorating your spaces can serve as inspiration as well. Using pillows, plants, pictures or other decorations can make our environments more welcoming and personalized. Reduce clutter and incorporate styles and textures that you enjoy.

Enter your thoughts here.

3.6 Reflect - Financial

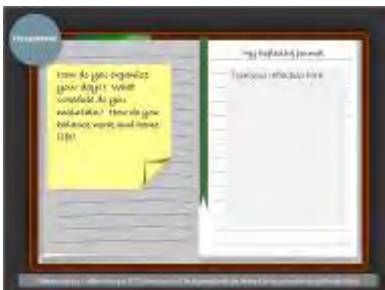


Notes:

What are you doing right now for your financial wellness? This might include developing a household budget, decreasing your debt or increasing your savings. What actions have you taken toward retirement planning?

Enter your thoughts here.

3.7 Reflect - Occupational



Notes:

How do you organize your days? What schedule do you maintain? Do you use a personal or family calendar? Do you make lists of things to do or daily accomplishments? How do you balance work obligations and home life? Are you in a career that fits your values? How do you acknowledge your professional and personal accomplishments?

Enter your thoughts here.

3.8 Reflect - Social

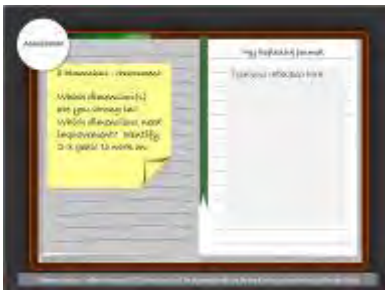


Notes:

Think of what you enjoy in terms of social interactions and how your needs for social connections are best met. What strategies work best for you? Do you like big groups or more intimate connections? What community and professional groups are you connected to? Do you have opportunities to meet new people? When do you spend quality time with others?

Enter your thoughts here.

3.9 Reflect - Assessment



Notes:

Which dimension do you feel is your strongest? Pick one dimension you want to focus on and identify 2-3 goals. The Creating a Healthier Life workbook has many ideas and suggestions in each dimension.