



Wellness & Self Care
Part one



Essential Question:



What is wellness and what does it look like in my life?

Today we will talk about:

- * What wellness is
- * How we maintain wellness in our lives
- * Complete a self-care inventory and create a wellness goal

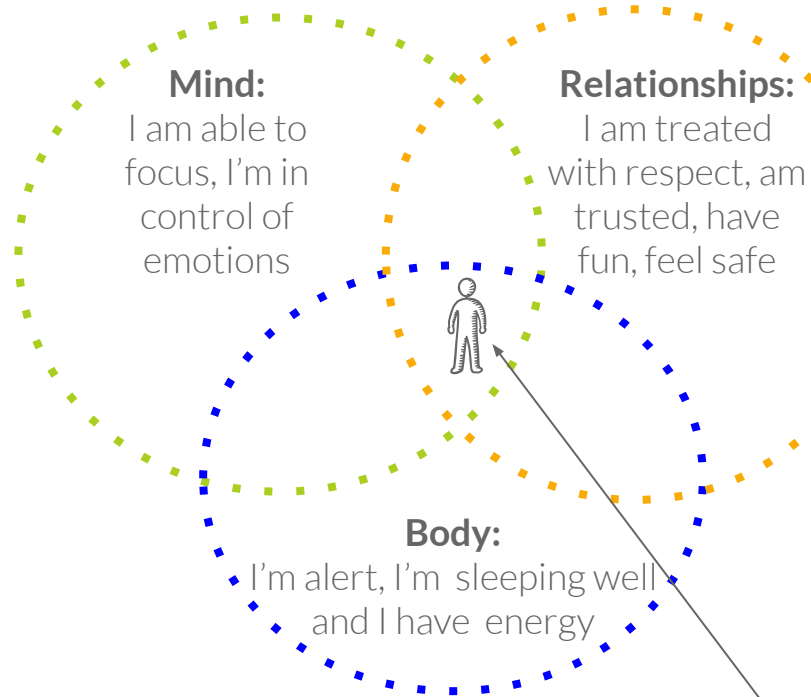
Next month we will talk about:

- * Warning signs that our wellness plan isn't working
- * Resources available when our wellness plan isn't enough



Wellness: Healthy ways we take care of ourselves

Maintaining
Wellness
requires a plan
*****and*****
DAILY EFFORT.



Balance



When mind, body, & relationships are in a well space:

Mind

Positive attitude

Looking forward to
the day

Taking breaks

Knowing mistakes
are okay

Body

Having energy

Able to get out of
bed successfully

Able to
acknowledge my
limits

Relationships

Equal efforts to
yours and others
emotions

You feel
supported and
are capable of
supporting others

BODY wellness



When you're not taking care of your body, nothing else feels right. This is a great place to start when you feel like there's too much going on.

- Eat a snack
- Drink a big glass of water
- Exercise (walk, run, bike ride, stretch)
- Get up, take a shower/ bath
- Turn on some music and dance
- Take 10 deep breaths
- Go to bed early or take a nap



MIND wellness

When you're stressed, it's important to relax your mind. This can be hard to do and takes practice.

- Listen to music or work on a song you're writing
- Watch a movie
- Do something artistic like draw, paint, dance or sing
- Imagine yourself successful
- Write in a journal
- Read a book
- Lose the caffeine
- Take a personal timeout



RELATIONSHIP wellness



We all feel better when we're **connected** to other people - this can be your family, friends, or people at school. That's why the last step in your plan is to connect with others or reach out.

- Call a friend or trusted family member
- Join a club or attend a school event
- Hang out with your pet or take your neighbor's dog for a walk
- Volunteer for something you care about
- Positive connection with friends on social media
- When in doubt, get out and people watch! (Go to mall, bookstore, community center, etc)
- Spend time with elders and/or young children - perspective!





Stress Happens



The image features a central title "Stress Happens" in a white, cursive font. The word "Happens" is enclosed in a white oval. Two dashed white lines point downwards from the top towards the word "Stress". The entire composition is set against a solid green background and is framed by decorative floral borders at the top and bottom, consisting of various green, yellow, and pink flowers and leaves.

Self-Care Wellness Planning Inventory

Rate each sentence with a number (0=Never to 3=Frequently). Once you are finished with each wellness domain, you will total your score. After you have completed each domain, reflect on your scores. Which one did you score the highest on? The lowest? For the purpose of your self-care, we encourage you to focus on the domain you scored the lowest in. What is one or two things you can do in this section to help with your overall wellness?

3 = Frequently 1 = Rarely
2 = Occasionally 0 = Never

Circle the wellness domain that you plan to work on:

Body/Physical Wellness

Mind/Mental Wellness

Relationship/Social Wellness

Below write one goal you have regarding this wellness domain:

A person wearing blue jeans and brown shoes stands on a white arrow painted on a paved surface. The arrow points downwards. The scene is decorated with colorful, stylized illustrations of leaves, flowers, and branches in shades of green, yellow, and orange. The background is a light-colored, textured pavement.

What's Next?

**Next month
we'll talk more
in depth about
mental health
and Toxic Stress**

We talked about stress today. We know that there are some students struggling with mental health. Some of our students experience more than just stress. We'll talk about this more in depth next time.

If you need to talk:
Reach out to an adult you trust. At Century, your Teachers,
Staff and Counselors are here to support you.

