

EASY START TRANSITION PROGRAM

THE WELLNESS CHECK

An activity booklet to develop your personal wellness program

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wegotyou.humber.ca

How to use this Booklet?

Welcome to Humber/Guelph-Humber and to the Easy Start Transition Program (ESTP). This booklet was designed to serve as a resource you can refer to throughout your time at school. There are 10 topics covered around wellness and each comes with a short description and a minimum of 4 activity sheets. These worksheets include journaling, planning, self-directed bingo games, mood assessments, and more.

The reader of this book can choose to do these activities in any order based on their need and the activities can be done as many times as the reader may want. The reader can also reflect on these activities with a counsellor or another professional if they wish to do so as a way to care for their wellness and a way to reach their highest potential.

"Where there is
love and
inspiration, I
don't think you
can go wrong."
- Ella Fitzgerald

ALT Text: The image shows a tablet with the words "good morning". There is a cup of coffee below it and a notebook, pen and cellphone above.

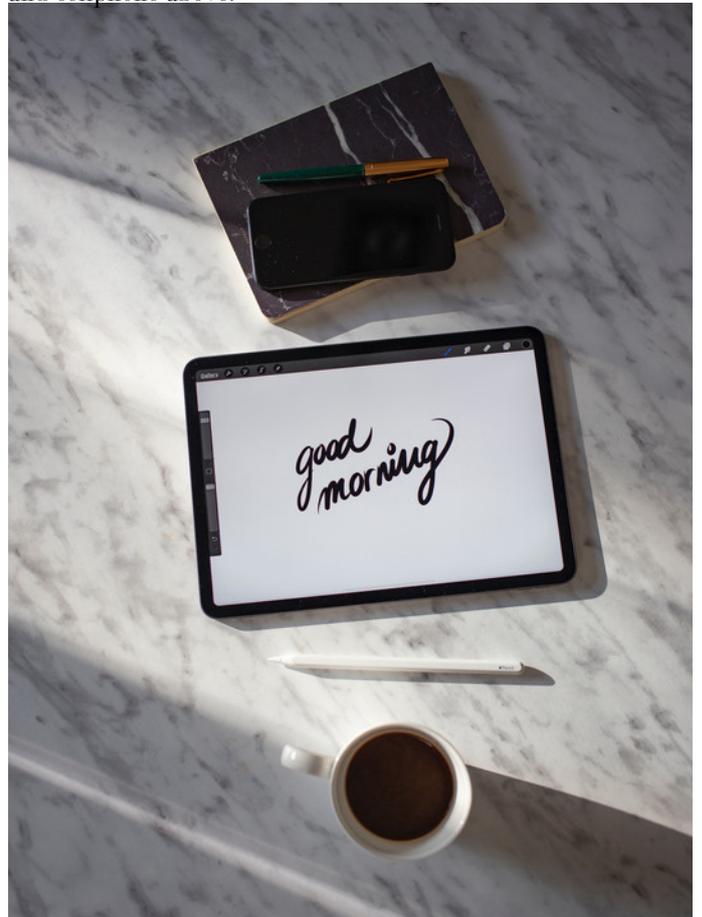


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How to build and maintain personal wellness.

What is Wellness?

Wellness involves conscious, self-directed action that a person takes to live to their fullest potential. This is an evolving process as one grows, their potential may also grow alongside. Wellness is a multi-faceted and holistic process which includes, physical wellness, mental wellness, emotional wellness, financial wellness, social wellness and many more. Wellness is a positive process that can become a way of life for many, and an essential part of every aspect of life.

What is Holistic Wellness?

Holistic wellness involves the process of integrating wellness into all aspects of one's life and to assess every aspect in a wholesome manner. When one addresses their overall wellbeing, it is important to look at how each separate aspect is impacting the other ones and then accessing resources or creating self-care plans that can help one manage anything that may be finding challenging to their overall wellbeing at a given time.

ALT Text: The image below shows a student who is standing beside a anatomy model of the human body.

"What drains
your spirit drains
your body. What
fuels your spirit
fuels your body."

- Caroline Myss



STRATEGIES TO DEVELOP HOLISTIC WELLNESS

ALT Text: The image below is of a shore with many rocks. The sun is setting and there is some fog emerging from the calm waters.



Turning holistic wellness into a way of being can take some work and practice. Here are some basic tips that can help you get started on developing that practice.

1. Identifying the 12 dimensions of wellness (based on the National Wellness Institute):

- a. Physical
- b. Intellectual
- c. Sexual
- d. Safety
- e. Nutrition
- f. Occupational
- g. Emotional
- h. Environment
- i. Self Care
- j. Spirituality

2. Assess all of these dimensions based on set time-intervals that work best for you, such as every 3-months.

3. Based on your assessment, determine the areas that you would like to work on or develop.

4. Based on the chosen areas, create working plans to help make the changes you want to see or to seek professional help from a counsellor, therapist, support worker or a coach.

5. Build this process to be a regular practice that you do based on your chosen time intervals for re-evaluation.

YOUR HUMBER/GUELPH-HUMBER GOAL PLAN

NAME

GOALS FOR THE SEMESTER

PROGRAM

HOBBIES

WHAT LED YOU TO CHOOSING THIS PROGRAM?

WHAT ARE YOUR 3 MAIN GOALS FOR THE YEAR AT HUMBER/GUELPH-HUMBER

WHAT ARE YOUR STRENGTHS AND HOW CAN YOU APPLY THEM TO YOUR STUDIES?

WHAT AREAS WOULD YOU LIKE TO WORK ON TO BETTER SUPPORT YOUR SUCCESS?

WHAT THINGS/PLACES/PEOPLE DO YOU ENJOY SPENDING TIME WITH THE MOST?

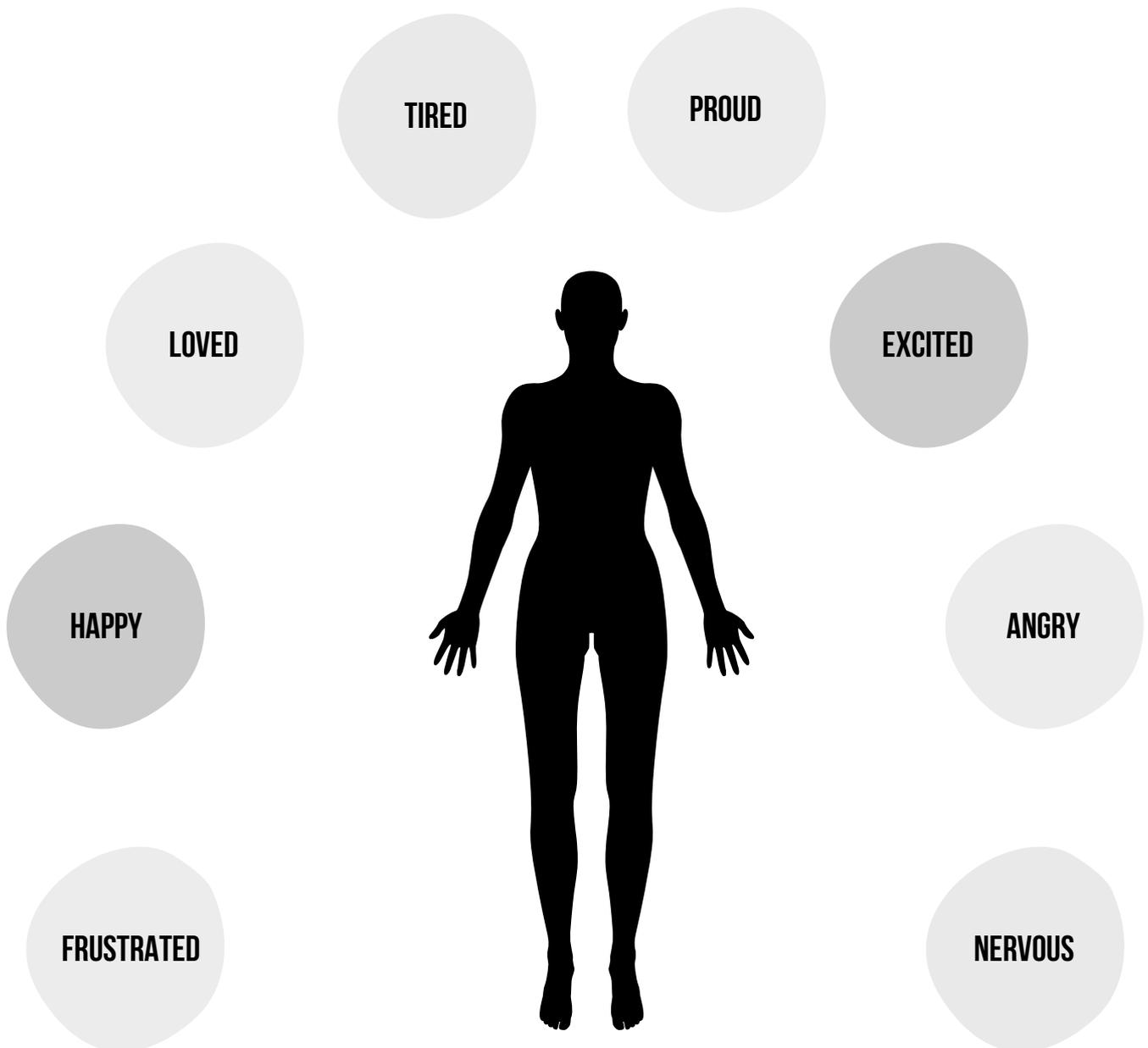
THE WELLNESS CHECK

DRAW HOW YOU FEEL

NAME:

DATE:

Draw arrows to different parts of your body and explain how you experience those feelings.



How does happiness **make you feel?**

What about being worried? Hungry? Excited? Nervous? Angry?

ALT Text Here: The image above shows a silhouette of a person with a variety of emotions labeled around the image. The purpose of the activity is to match which areas of the body are impacted by which emotion and determining how does the body reacts to these emotions.

THE WELLNESS REFLECTION WORKSHEET

Using this worksheet reflect on your wellness practices and then on the next page create a wellness schedule for the upcoming week.

▶ 1.	Share a moment of joy you experienced this week. _____
Share one thing you are looking forward to in the upcoming week? _____	2.
3.	Review last week's short-term goal. If you did not complete it. That is okay. Use that goal to set a revised one for this weeks at the end of this sheet. _____
Assess your goals for the semester. Have they changed? If so, share your revised goals. _____ _____ _____	4.
5.	Create your vision. Based on your goals create a vision or action plan of how you would go about achieving those goals. Include resources and support systems you would access to help you achieve those goals. _____ _____ _____ _____ _____ _____ _____ _____ _____

▶ Set a short-term SMART (defined in glossary) goal for this week based on the goals you hope to achieve .

▶ Date: _____

THE WELLNESS WEEKLY CALENDAR

NAME:

WEEK OF:

PROGRAM:

Describe below your self-care and wellness plans for each day of the week along side allocating your weekly goal based on the days you have decided to practice those (goals determined from the activity sheet prior to this one on page 8).

Monday

Tuesday

Wednesday

Thursday

Friday

What is Self-Compassion?

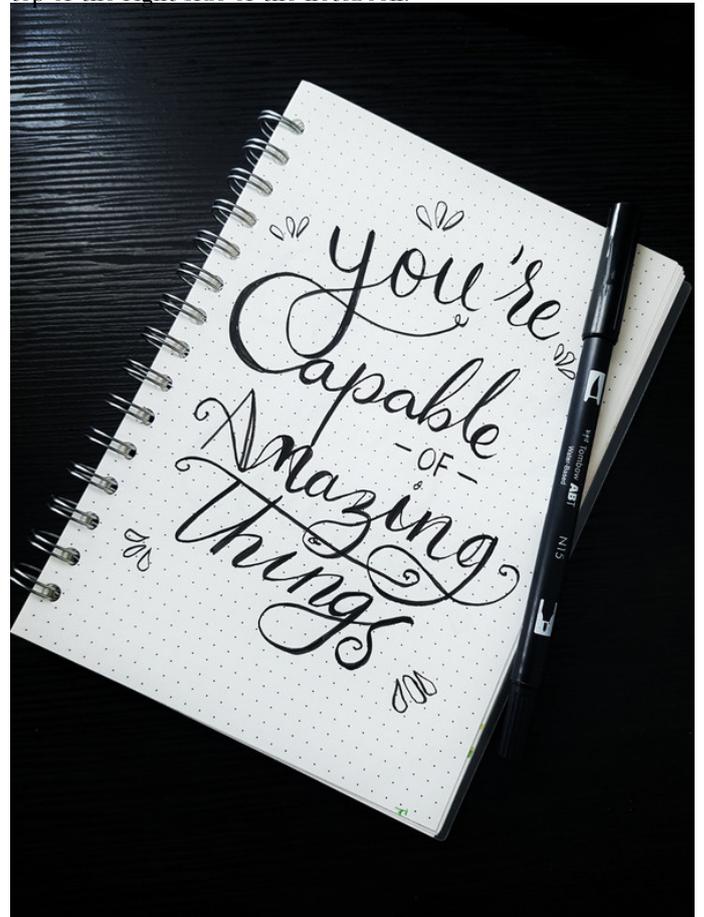
Compassion is the ability one has to act in a manner that comes from a level of understanding and empathy. It is genuine care that comes from the heart through feeling rather than from the intellect, which is concerned with knowing. Self-compassion entails showing those feelings of a heart-felt understanding towards ourselves with parts of ourselves we may feel are not the most acceptable by others. We are self-compassionate when we accept ourselves without judgement, with self-love and the understanding that we are human and we will make mistakes and that is okay. Life experiences are there to learn from and grow in our own ways, at our own pace.

Self-Acceptance and Self-Love

Self-acceptance can be a difficult concept to comprehend because we may experience thoughts and emotions that create self-doubt. However, what is most important is that when these feelings of self-doubt come about, we can encourage ourselves to realise that we are growing and evolving individuals, we accept and love ourselves for who we are at the moment and who we are yet to become.

ALT Text: The image below is of a spiral bound notebook that says, "you're capable of amazing things," with a pen laying on top of the right side of the notebook.

"Darkness cannot
drive out darkness;
only light can do
that. Hate cannot
drive out hate; only
love can do that."
- Martin Luther King
Jr.



THE SELF-COMPASSION WORKSHEET

NAME:

WEEK OF:

Self - Compassion Bingo

TRY SOMETHING NEW	LET NEGATIVE PEOPLE GO	DO SOMETHING OUTSIDE OF MY COMFORT ZONE	DO SOMETHING CREATIVE	RECITE POSITIVE WORDS
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME WELL	GO TO A PLACE YOU LOVE
EXERCISE	CULTIVATE HOBBIES	<i>Free</i>	LIVE HUMBLY	BE KIND TO MYSELF
SAY SOMETHING NICE ABOUT YOURSELF	REMIND YOURSELF YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	DO NOT WORRY ABOUT WHAT OTHERS THINK	TALK TO A SUPPORTIVE PERSON	READ SOMETHING INSPIRATIONAL	REST

THE SELF COMPASSION WORKSHEET

NAME:

WEEK OF:

Loving Kindness Meditation

1. Select a comfortable position where you can sit with your back straight and eyes closed.
2. Repeat these statements to yourself in silence, and complete awareness
 - a. "May I be peaceful"
 - b. "May I be happy"
 - c. "May I be safe"
3. Pause for some time and contemplate what these words really mean and try to understand how they are making you feel internally.
4. Take your own time to do this meditation and remember that there is no right or wrong way to do this.
5. After you finish repeating the words, end your practice by saying
 - a. 'May I and everyone else be peaceful'
 - b. 'May I and everyone else be happy'
 - c. 'May I and everyone else be safe'

Adapted from: <https://positivepsychology.com/loving-kindness-meditation/>



THE SELF COMPASSION WORKSHEET

NAME:

WEEK OF:

Self-Reflection Essay

Reflect, then write about it.

How compassionate are you with yourself? What are some ways you can become more self-compassionate?

THE SELF-COMPASSION WORKSHEET

NAME:

WEEK OF:

PROGRAM:

CHANGING PERCEPTION OF SELF

Changing perceptions of yourself from negative misperceptions to positive realities about yourself can help reshape how you think about yourself and intern how you treat yourself. In the sections below write a misperception you have about yourself in any aspect of life and then in the right hand section write the positive perception of yourself.

Misperceptions

ie. I am always late in submitting my assignments, so I will be late this time too.

Reshaping Perceptions

ie. With effective planning and the right support I can finish this assignment on time.

What is Boundary Building?

Boundaries play an important role in helping one feel safe, respected, and valued. They are also important when it comes one's physical, emotional and mental wellbeing. A lack of boundaries can lead to feeling overwhelmed, drained, ill, mentally exhausted, and fearful of making or breaking connections/relationships. Additionally, one can become resentful as they feel they are providing more to a person/situation than they are willing to participate in. Each individual has the right to choose and protect their space: personally, sexually, emotionally, mentally, materialistically, energetically, culturally and spiritually.

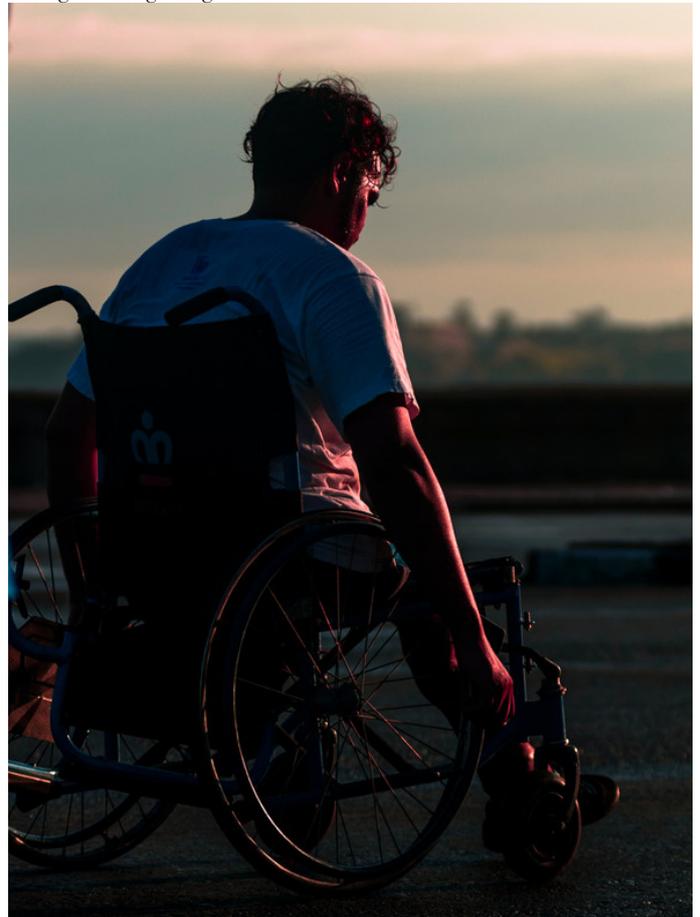
The Benefits of Establishing Boundaries

- Increased confidence/self-esteem
- Stronger relationships (less resentment)
- Freedom and flexibility
- Protectng our energy
- Ability to be more vulnerable in relationships rather than having to hide how we feel

"It is necessary,
and even vital, to
set standards for
your life and the
people you allow
in it."

- Mandy Hale

ALT Text: The image below shows a person on a wheelchair in a large field gazing down.



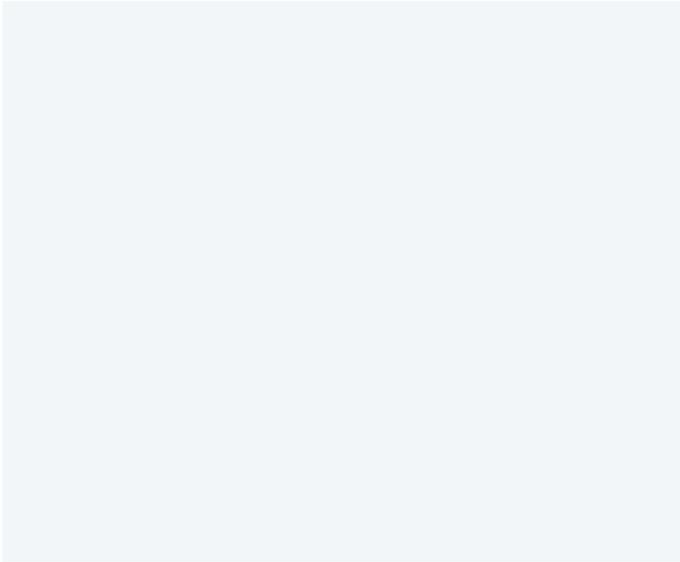
SETTING BOUNDARIES

THE FIVE STAGE PROCESS

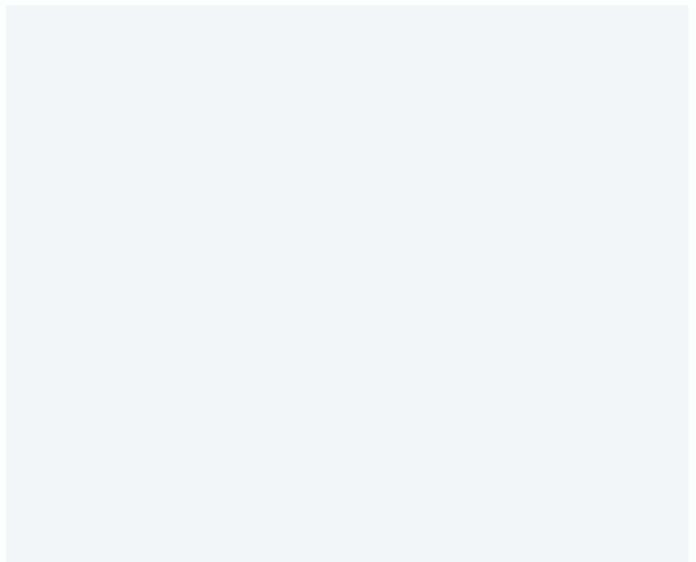
Name: _____

Date: _____

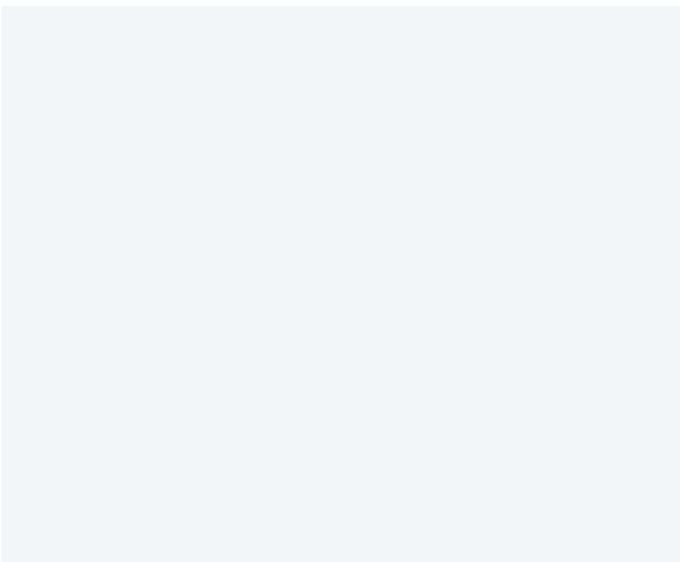
Know your rights - write down what you feel are your rights. Such as: right to say "no", right to respect ect.



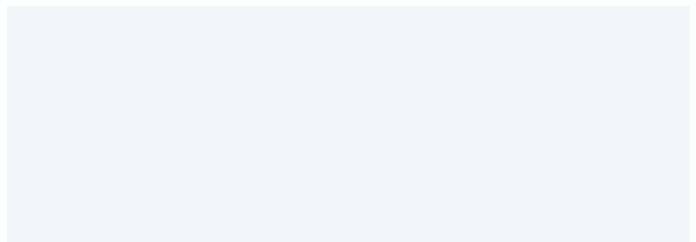
Listen to your inner self - listen to how your body feels when you others cross a boundary you have set. Such as, when someone asks you for a favour repeatedly after you have said "no"



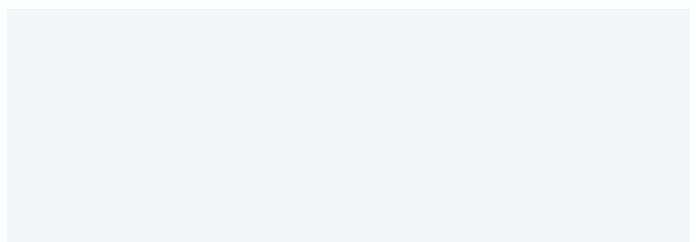
Build your own value system - write down the values that you live by. These are the standards you choose for your own life and way of being.



Be assertive - Live by, stand strong and communicate your own rights, your set values and standards, and the boundaries you want to protect from others.



Protect your space - Your space is yours first. You choose who you want to or not want to share it with.



SETTING BOUNDARIES WORKSHEET

NAME:

WEEK OF:

SCENARIO EXERCISE 1

Using this hand out, reflect on the following situation and how you would respond to it. You can use the five stage process discussed on the previous page.

Scenario - You have recently moved into a dorm room for college and are living with a roommate that you do not know at all. Over the course of the first month living there you have become good friends with the roommate. On occasion you get takeout food to eat together and watch movies. The last few times you both did this, you noticed that your roommate is eating your share of the left over take out food. This makes you feel frustrated and upset as you are looking forward to eating that food the next day and focus on your studying while you do so. How would you manage this situation? How would you communicate to your roommate about how you want them to not eat your share of the food?

SETTING BOUNDARIES WORKSHEET

NAME:

WEEK OF:

SCENARIO EXERCISE 2

Using this hand out, reflect on the following situation and how you would respond to it. You can use the five stage process discussed on the previous page.

Scenario - You have started your first year in college and it is going great so far. You have made new friends and are enjoying your classes very much. One of your good friends approaches you and tells you that they are interested in taking you on a date. You are not interested in anything more than a friendship with this friend and you would like to tell them this in a gentle, but clear way. How would you go about having this conversation?

SETTING BOUNDARIES WORKSHEET

NAME:

WEEK OF:

SCENARIO EXERCISE 3

Using this hand out, reflect on the following situation and how you would respond to it. You can use the five stage process discussed on the previous page.

Scenario - Due to a personal medical condition, you miss a series of days at school and upon your return you have some classmates who approach you to ask you questions about why you have been away from class. You do not feel comfortable sharing this and would like to tell your classmates politely to not ask you about this as you do not want to share. How would you communicate this?

What is Stress?

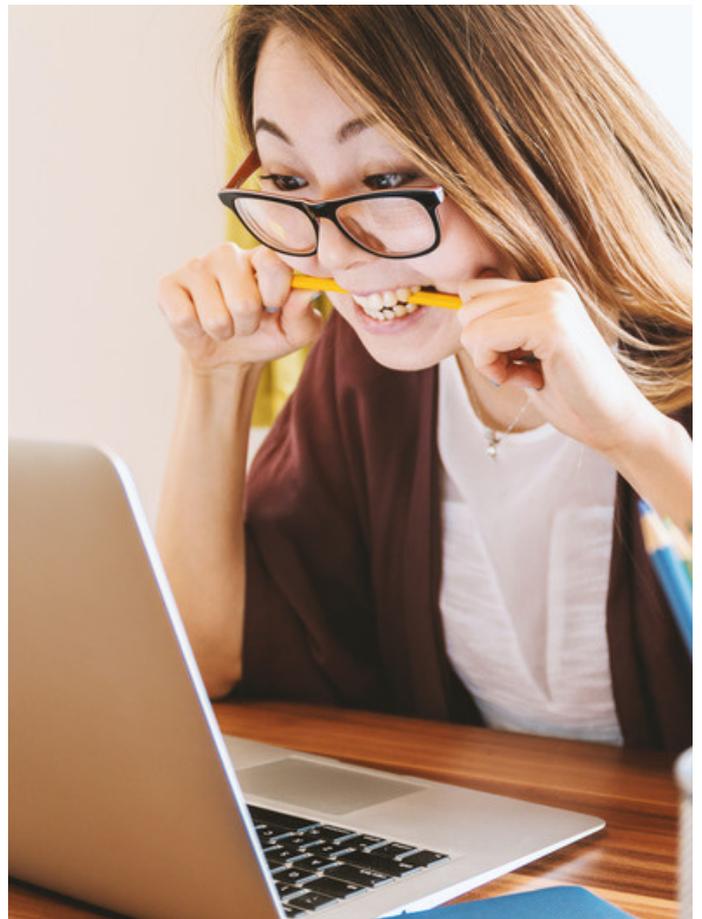
Stress can occur as a physical or emotional response to an event in life that creates tension. It is the body's reaction to a challenge or problem that one feels requires a resolution. Some stress can be positive as it drives and motivates an individual to get a task done or achieve something they have always wanted to do. However, persistent and high levels of stress can lead to a variety of mental or physical health concerns which is why it is crucial to always have ways to manage stress..

How to Manage and Cope with Stress

- Build a schedule that includes breaks
- Make time to practice a hobby in your schedule
- Ensure you are sleeping and eating well
- Connect with people who are supportive
- Incorporate exercise into your schedule
- Create a schedule that supports work - life balance
- Practice meditation, yoga or breathing exercises that help reduce stress

ALT Text: The image below shows a student chewing on a pencil while working on their laptop indicating they are under some stress.

"When you
change the way
you look at
things, the things
you look at
change."
- Wayne Dyer



Name:

Date:



My Week of Emotions

Our emotions can be divided into four zones: blue, green, yellow, and red. This handout can help assess and journal how you have been feeling over the week.

Fill out the calendar below for an overview of the zones you go through in a week.

SUNDAY

Today I felt:

To stay in the green zone, I tried to:

MONDAY

Today I felt:

To stay in the green zone, I tried to:

TUESDAY

Today I felt:

To stay in the green zone, I tried to:

WEDNESDAY

Today I felt:

To stay in the green zone, I tried to:

THURSDAY

Today I felt:

To stay in the green zone, I tried to:

FRIDAY

Today I felt:

To stay in the green zone, I tried to:

SATURDAY

Today I felt:

To stay in the green zone, I tried to:



ZONES OF REGULATION

Low energy and motivation to participate

Attentive and feeling positive overall

Uncomfortable and needs to focus

Full of negative emotions and may react harshly

Name _____

Date _____

Songs to Turn to for Emotional Support

Make the perfect coping playlist for you by giving this challenge a try



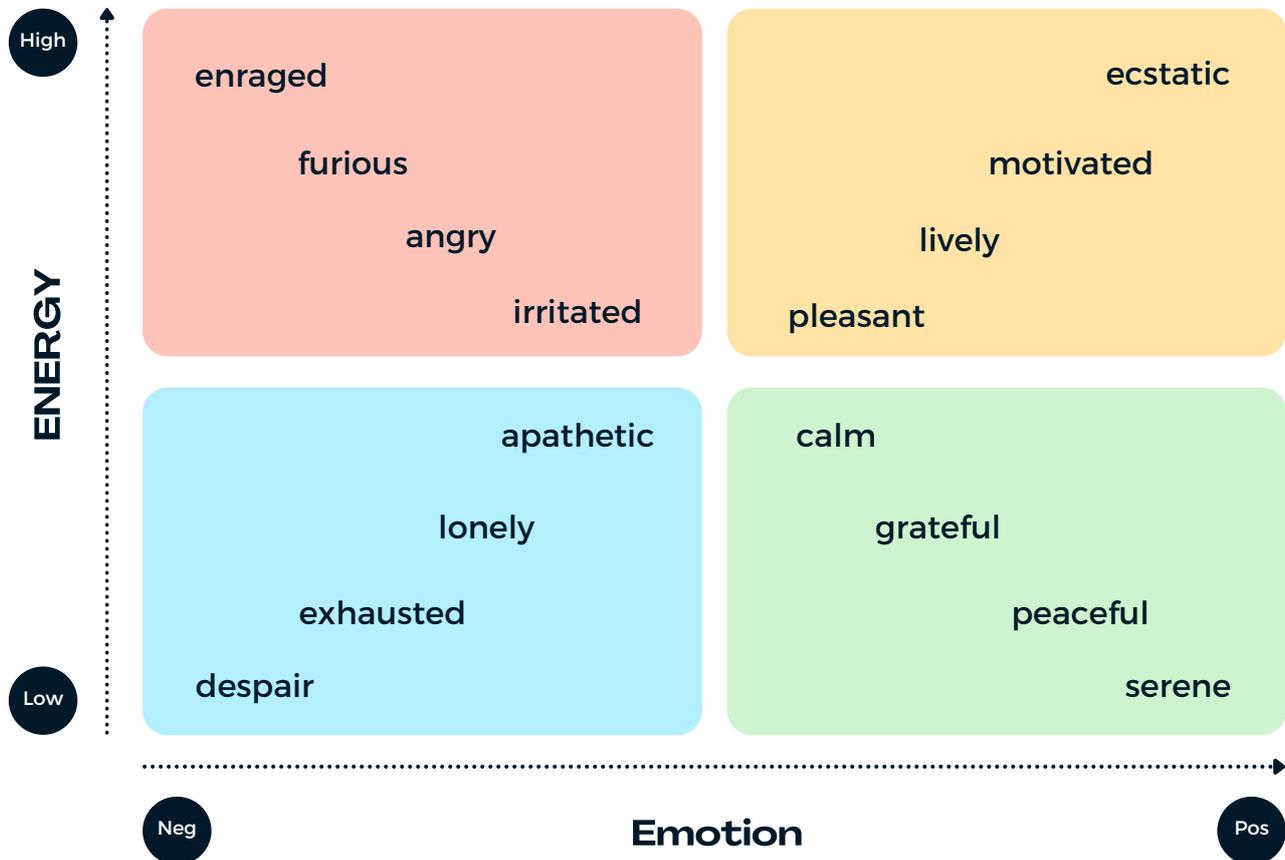
<p>Entertainment</p>	<p>A song that stays stuck in your head when you hear it.</p>	<p>A song you know all the words to.</p>	<p>Your favorite song from a movie.</p>
<p>Songs For The Moment</p>	<p>A song that represents freedom.</p>	<p>A song that you'd listen to to fall asleep.</p>	<p>A song that makes you feel pumped up.</p>
<p>Songs That Bring Up Happy Memories</p>	<p>A song that reminds you of a good memory.</p>	<p>A song that reminds you of someone you care about</p>	<p>A song that reminds you of someone who cares about you</p>
<p>Go To Songs When Feeling Down</p>	<p>A song that makes you feel safe.</p>	<p>A song you find inspirational.</p>	<p>Your go to positivity song.</p>
<p>Matching Feelings</p>	<p>A song that matches your vibe you get when you feel anxious or worried.</p>	<p>A song that matches your vibe when you feel annoyed or angry.</p>	<p>A song that matches your vibe when you feel sad or afraid.</p>

Name _____

Date _____

Mood Meter to Assess Emotions

The mood meter shows us that everyone has a variety of emotions or feelings. They can range from positive to negative and from low energy to high energy.



Identifying where our feelings are in the meter can help us find ways on how to address them. For example, if we have a negative emotion that is in high energy, we can think of ways to calm down and move away from thinking negatively. We can do this for ourselves or even to help out a friend or a family member.

ANNOYED	FOND	LIVELY	SKITTISH
ANXIOUS	FRIENDLY	LONELY	SULLEN
CHEERFUL	GLAD	MISTREATED	THOUGHTFUL
CHERISHING	HELPLESS	MORTIFIED	THRILLED
DEFEATED	HOPEFUL	OSTRACIZED	UNCOMFORTABLE
DEFENSIVE	INCOMPLETE	OUTRAGED	UNSURE
DISTRACTED	INFERIOR	REGRETFUL	WORRIED
ECSTATIC	INTIMIDATED	REJECTED	WITHDRAWN

Sources:
<https://www.psi20q.org/mood-meter>
<https://tomdrummond.com/app/uploads/2019/11/Emotion-Feelings.pdf>

Name:

Date:

Ways to Cope

Blue Zone

Green Zone

How I Feel

I feel tired. It is hard for me to focus on my work, but I have a lot to get done.

I feel motivated and ready to do my work. I am focused and really enjoying what I am doing. I feel accomplished and happy.

What Action I can Take

I need to take some rest or a break from my work to reenergize.

Keep it up! Remember to pace the amount of time I am spending working with intervals.

Yellow Zone

Red Zone

How I Feel

I feel sad. My emotions are making it challenging for me to focus on the things I want to do. I could really use some support right now.

I am feeling angry, frustrated, and stressed. Things are feeling very overwhelming and I am feeling restless.

What Action I can Take

Talk to a friend or professional about what I am experiencing and get their support.

I should practice some relaxation exercises such as going outdoors or meditating.

Below are things you can do when you are in a specific zone. Read them carefully and color each box based on the zone where they belong.

I can play and enjoy the outdoors.

I can help a friend.

I can list down why I feel good to help cheer me up when I'm not okay.

I can get a drink of water.

I can practice deep breathing.

I can take a short walk.

I can tell someone how I feel.

I can stop whatever I am doing.

I can step back and think.

I can take a break.

I can ask for help.

I can close my eyes and count to 20.

I can take deep breaths.

I can think of a place where I feel safe.

I can write, talk, or draw about what I feel.

What are the Different Types of Wellness?

Holistic wellness (as mentioned in the beginning of the booklet) involves every aspect of our lives and how well we feel in each of them. Some of these areas of wellness are as follows:

- Physical
- Emotional
- Mental
- Social
- Financial
- Spiritual
- Environmental
- Intellectual
- Occupational

You can also come up with more specific ones based on your personal needs and choices, such as, sleep wellness.

"Health is a state
of body. Wellness
is a state of
being."
- J.Standard

ALT Text: The image below shows a person who is smiling and leaning back looking as though content and happy.



Name:

Date:

TYPES OF WELLNESS

You can write or draw how each aspect of your wellness looks like!

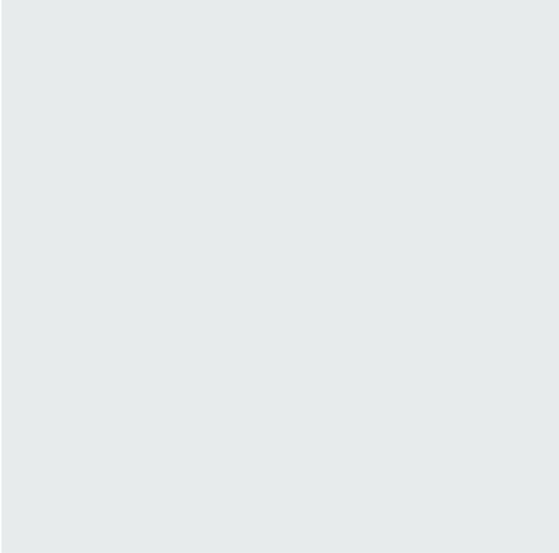
In the boxes below, share your how your wellness is going! What important events have happened in your life? How has that impacted your wellness? What hobbies or passions are important to you that you can practice to improve your wellness?



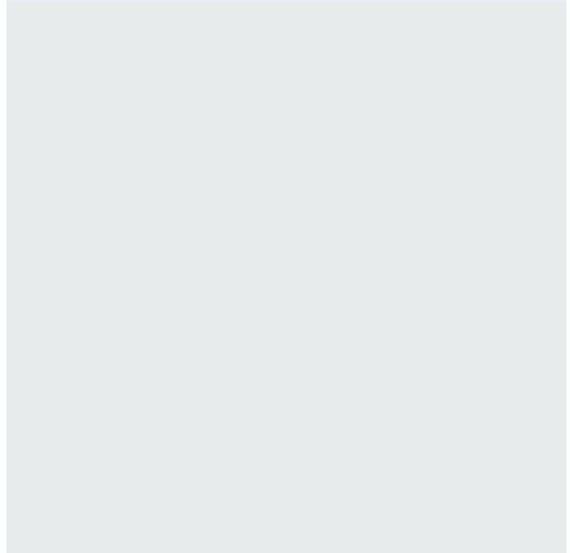
PHYSICAL WELLNESS WORKSHEET

Workout Schedule

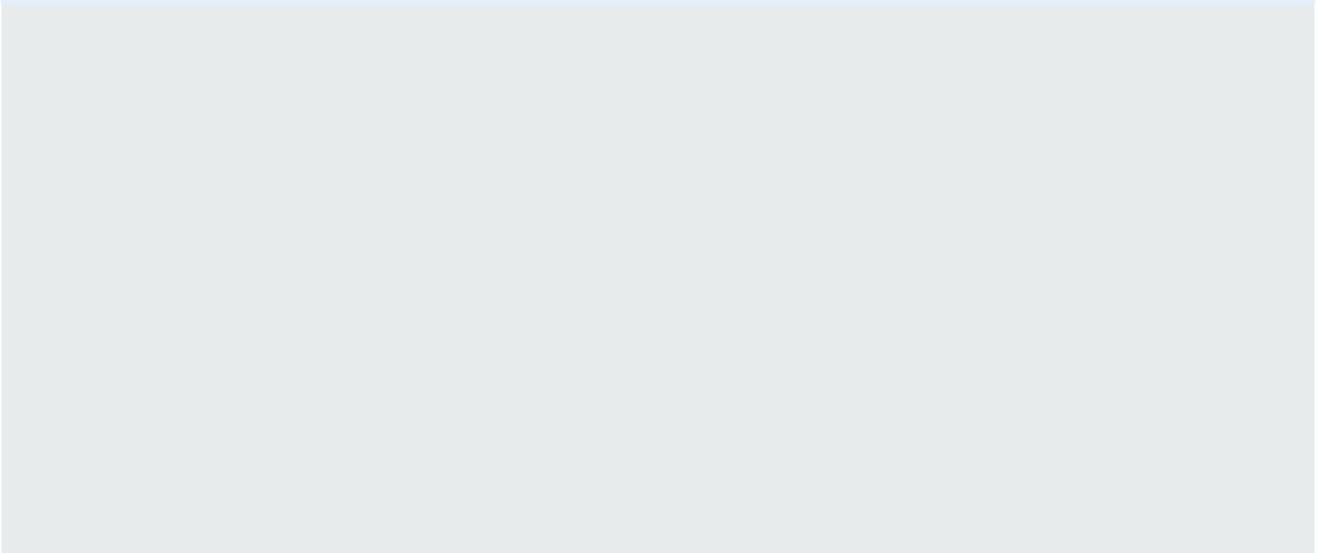
Monthly Goals



Cardio Workouts Plans

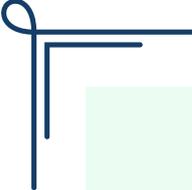


Other forms of workouts that you prefer (ie. walking, yoga, stretching)



MAIN SHORT-TERM GOAL (WEEKLY) _____

WELLNESS WORKSHEET



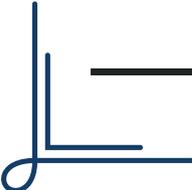
Wellness Reflections

Choose three areas of wellness you want to work on for the upcoming month. Reflect and write one SMART (check glossary) goal that you would like to achieve.

Chosen area of wellness _____

Chosen area of wellness _____

Chosen area of wellness _____



What is Self-Advocacy?

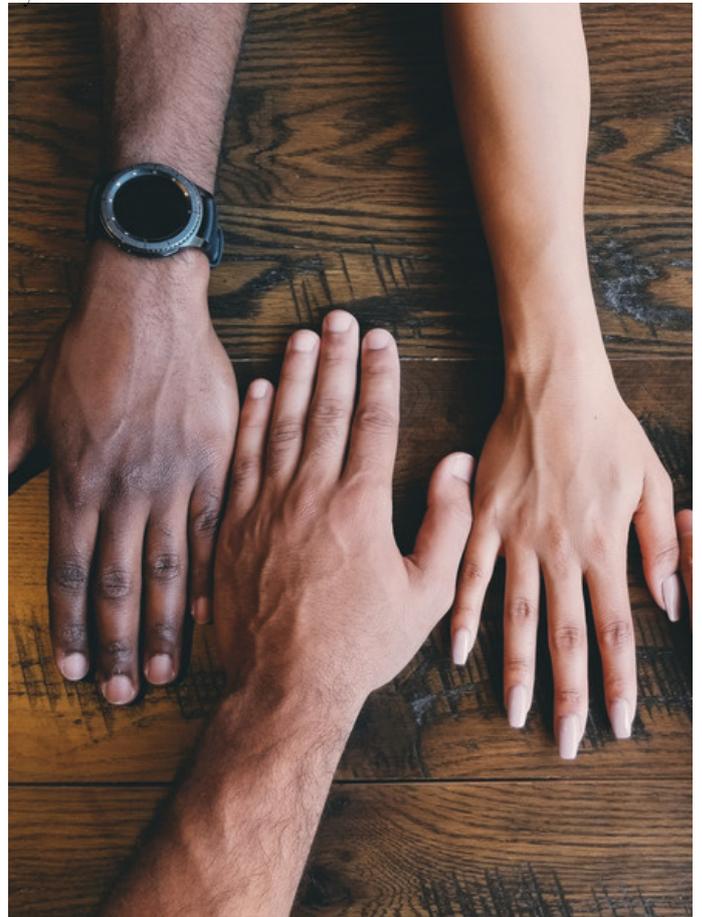
Self-advocacy refers to the act of standing up for one's own views or interests. This can be challenging as there might be resistance from external people that can lead to conflict or further unjust consequences. It is crucial for a person to be able to speak their truth and be able to communicate their needs in all situations. This chapter looks at ways one can understand what their personal rights are and how they can best communicate them to others.

Understanding and Communicating Personal Rights

In order to speak up, one must feel confident in their knowledge, desire and power regarding what they hold an opinion/statement about. So to understand personal rights, one must understand what are their values and needs. It can help to create a list of personal values and put it up somewhere you can easily view it as a way to motivate you to advocate for yourself. It is also helpful to be well informed about what your rights are as an individual and a student registered with the Accessible Learning Services. The best way to be able to advocate for yourself is when you feel confident, and that can be built by gaining knowledge about what is offered to you as a student at Humber/Guelph-Humber.

ALT Text: The image below shows three hands on a table side by side.

"When you say
'yes' to others,
make sure you
are not saying
'no' to yourself."
- Paulo Coelho



WELLNESS WORKSHEET

Name: _____ Date: _____

BUILDING YOUR RIGHTS STATEMENT

WHAT IS YOUR PASSION

WHAT ARE YOUR VALUES THAT FUEL YOUR PASSION

WHAT KNOWLEDGE/SKILLS DO YOU HAVE RELATED TO
YOUR PASSION

WHAT ARE YOU WILLING INVEST INTO YOUR PASSION?

CREATE A RIGHT'S STATEMENT BASED ON THE ANSWERS
YOU SHARED ABOVE:

I HAVE THE POWER TO _____

I HAVE THE RIGHT TO _____

I WISH TO ACCOMPLISH _____ BY
MAKING THIS STATEMENT

WELLNESS WORKSHEET

Name: _____ Date: _____

Keep track of the communications you have when advocating for yourself.

**ADVOCACY
COMMUNICATIONS**

S M T W TH F S

_____	<input type="radio"/>						
_____	<input type="radio"/>						
_____	<input type="radio"/>						
_____	<input type="radio"/>						
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NOTES

What is Motivation?

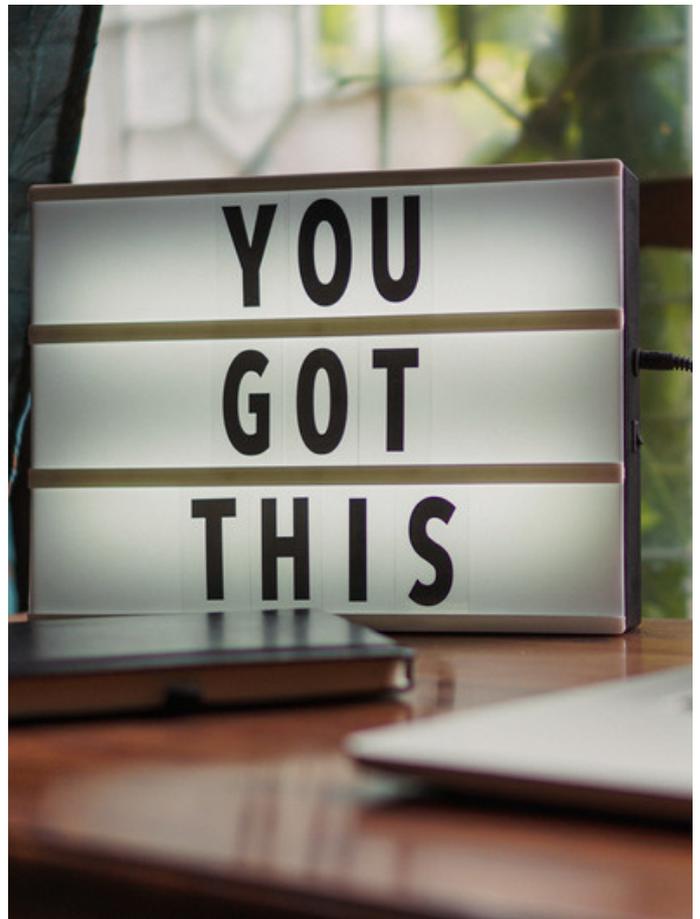
Motivation is the drive one has to do the work and activities they want to do, as well as, defining the level of ambition one has for their future. Motivation can peak at times and at other times feel very low. Therefore, it can help to reach out for support and to create plans that can maintain motivation, so that, one does not go through a long period of low motivation. Motivation can be fueled in two ways: intrinsic and extrinsic. Intrinsic refers to motivation that occurs from internal satisfaction and joy of doing something, whereas, extrinsic refers to motivation that occurs from external factors such as grades, money, or rewards. Both forms of motivation are important for a person to feel motivated, but it is important to keep a healthy balance between them.

What is Intrinsic Motivation?

Intrinsic motivation works as a key factor in sustaining motivation and joy for what a person chooses to do. It involves truly loving and enjoying the work even if there was no extrinsic motivation. However, added to that intrinsic motivation, extrinsic motivation can bring even more benefit and joy. It can help to realize that the self-fulfilment a person gets from doing a particular task comes first in order for motivation to have a strong base. Once this is established, it becomes more likely to maintain a good level of motivation over time.

ALT Text: The image below shows a board that says, "You Got This" on it, placed on a wooden desk with a notebook and laptop beside it.

"It's how you deal with failure that determines how you achieve success"- David Feherty



WELLNESS WORKSHEET

Name: _____

Date: _____



My Visual Journal

Read the prompts below and respond by filling each space provided with images and words that come into mind.

The best things that happened today:

Things I wish I can change about today:

I am proud of myself today because...

I think I still need to work on....

WELLNESS WORKSHEET

Name: _____ Date: _____

UNDERSTANDING VALUES

What are some values you admire?

Define the values that you live by (ie. honesty)

How do you feel when you do something against your values?

Do you feel that your values can be something to strive for, but it is challenging to always live by them 100%? Does this bring up the idea of self-forgiveness?

WELLNESS WORKSHEET

Name: _____

Date: _____

MOTIVATIONAL PLAN

Possible Reasons why my motivation dropped:

Strategies that help improve motivation:

Challenges with implementing strategies:

Resources/Supports I can access to help improve motivation:

WELLNESS WORKSHEET

Name: _____ **Date:** _____

Motivational Affirmations

How do I feel today?

What I am thankful for right now?

What negative attitude do I need to change?

What positive affirmation was I able to give myself today?

What ongoing support do I need?

What do I need to do to be a better version of myself?

WELLNESS WORKSHEET

Name: _____ Date: _____

Gratitude Bingo

the gift of family	my pet	my health and well-being	_____	the freedom to be my true self
simple joys that lift me up	_____	food on the table	peace of mind	my siblings or cousins
my possessions	the opportunity to learn from mistakes	<i>Free</i>	the stars in the sky	wisdom to know what's right from what's wrong
a chance to begin again	the roof over my head	_____	receiving forgiveness	my birthday
_____	the kindness of strangers	freedom of speech	rainbows after the storm	my best friends

What is Autonomy?

Autonomy refers to one's ability to act on their own values, interests and will. This is a very significant part of motivation as one feels more motivated when they are doing things because of their own choice rather than being imposed on. It is important to consider that autonomy is different than independence because it solely means to do things by one's own choice, so if a person chooses to depend on someone or something else they are still practicing autonomy. Freedom of choice brings forth joy and drive to do something and so practicing autonomy is a key factor in ensuring motivation can be sustained over time.

Establishing & Sustaining Personal Freedom

Personal freedom should exist in every decision one makes. This is where autonomy becomes a constant part of one's life turning it into a way of living. In order to establish this as a practice, keeping a note of how you make your decisions can help. Another way to do this is by becoming more mindful when making decisions even if they are small decisions. For example, becoming mindful of the snacks you choose to eat in a day or the places you choose to go to on a regular day. The more mindful you become of your decision making process, the better you will be able to identify if you are making autonomous decisions. Once identified, you can start to take conscious action to ensure that all your decisions are autonomous.

ALT Text: The image below shows a dandelion that is breaking apart as the wind is blowing.

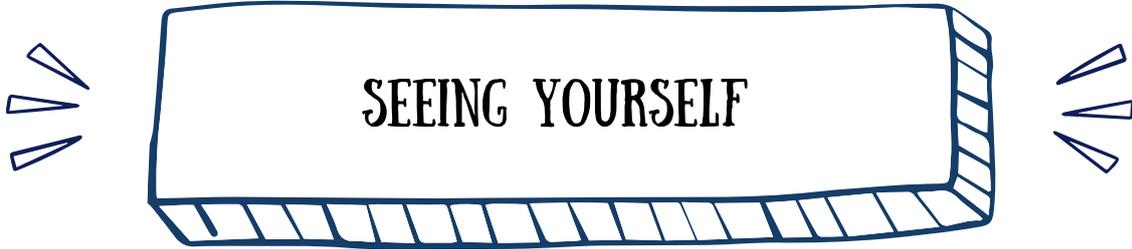
"Autonomy is different from independence. It means acting with choice."
Daniel H. Pink



WELLNESS WORKSHEET

Name: _____

Date: _____



PART 1:

1. What are some ways you make decisions? Do you ask for support or make decision by yourself?
2. What makes you feel the happiest about your decision making process.

PART 2:

1. Describe a situation in which you made all decisions based on your true will and interest rather than for any other external reason.
2. How did it make you feel when you were able to act from your own will fully.

WELLNESS WORKSHEET

Name: _____ Date: _____

PERSONAL FREEDOM

You determine your own personal freedom. You choose who your support team is and how to what extent do you want to reach out to them. You make your decisions autonomously - based on your own will and interests.

PERSONAL FREEDOM DECISION ie. I choose what I want to eat for dinner by myself - with no suggestions. -----	FOLLOWED DECISION	DID NOT FOLLOW DECISION

WELLNESS WORKSHEET

Name: _____ Date: _____

Mindfulness Bingo

Wake up early	Breathe deeply	Eat deliberately	Speak honestly	Look softly
Relate kindly	Listen wholeheartedly	Set a daily intention	Love fully	Live purposefully
Walk slowly	Listen to music	FREE SPACE	Write your thoughts	Take a break from technology
Show appreciation	Take time each day to reflect	Pause between action	Get lost in the flow of doing what you love	Connect with your senses
Be in the moment	Think freely	Notice your thoughts	Declutter one space	Get a good night's sleep

WELLNESS WORKSHEET

Name: _____

Date: _____

HOBBY *Bingo!*

WRITE THE HOBBIES YOU ENJOY AND THEN DO THEM!

-----	Listening to music	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----

What is Self-Care?

Self-care is one of the most essential parts of one's health and wellbeing as it helps increase mindfulness and gives one an opportunity to get the rest and relaxation necessary to ensure that one does not become overwhelmed. Regular self-care can be turned into a practice based on what works best for an individual and it can include a variety of different kinds of activities and tasks. The most important thing is to not overlook self-care as unnecessary or selfish because it is as important to survival as breathing is. In fact self-care can help us not just survive, but thrive and so spending time on it is essential.

How does Self-Care Apply to your Disability Identity?

An important part of self-care involves considering how one identifies with their disability. The way you choose to practice self-care activities may differ depending on the role your disability plays in your life. Such as, it may be challenging to do physical exercise as a self-care activity when you may be dealing with a physical disability. So knowing how you identify with your disability can help define the way you approach self-care. It is also important to understand and define your disability identity for yourself in order to ensure that related accommodations can be requested clearly when needed.

ALT Text: The image below shows a series of stones piled on top of each other with the reflection showing below.

"Self-care is not
self-indulgence,
it is self-
preservation."
- Audre Lorde



WELLNESS WORKSHEET

Name: _____

Date: _____

Self-Care Check-in

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- CUDDLE A PET
- TRY SOMETHING NEW
- READ A BOOK

WELLNESS WORKSHEET

Name: _____

Date: _____

Self Love Bingo

Your Daily Check of Self Love
(Make any changes based on your own preferred activities)

Say "I'm Beautiful" In Front of The Mirror	Take A Bath	Listen to Your Favorite Music
Use Face Mask	Take An Afternoon Nap	Eat Your Favorite Snack
Try Different Style of Clothes	Doodle Anything On A Paper	Gaze At The Afternoon Sky

WELLNESS WORKSHEET

Name: _____ Date: _____

SELF-CARE *Bingo*

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	COOKED A HEALTHY MEAL	PLAYED WITH MY PET	DID A CUCUMBER EYE MASK
TOOK A BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	TRIED A NEW HOBBY	DROPPED A HABIT
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION

WELLNESS WORKSHEET

Name: _____ Date: _____

REFLECTING ON MY IDENTITY

Identity is how we are known to others. But often this can include a series of biases by another person, which are exaggerated generalised beliefs about a person or group. Think of the following questions and answer them as best as you can.



How would you identify your race, ethnicity, and gender? Do others identify you that way as well?

How do you identify with your disability? Is this something that you communicate to others?

Have you faced challenges with how others have identified you?

What are some ways that you communicate your expectations of others when it comes to how they identify you?

WELLNESS WORKSHEET

Name: _____ Date: _____

How do you see yourself?

OBSERVE

Think of situations in your life that helped you determine what you identify with and what you do not identify with.

DRAW or WRITE

In the box below express how you identify yourself

COMMUNICATE

In order to ensure others identify you as you want, communicate it to them.

Gender

Disability

Personality

Now think of three (3) questions (and answers) related to the words above and how you self identify. Write them below.

What is a Personal Wellness Plan?

Throughout this booklet, we have discussed the various areas of wellness and used reflection activities to assist in better evaluating how one is doing in those areas and how they can make improvements as needed. Creating a wellness plan involves choosing which reflection or scheduling activities in the booklet work best for you and then doing them regularly with time intervals that you prefer, such as, doing them every week or month. During the chosen time interval, create schedules, do reflection activities and do a self-care activity sheet.

Creating your own Wellness Plan

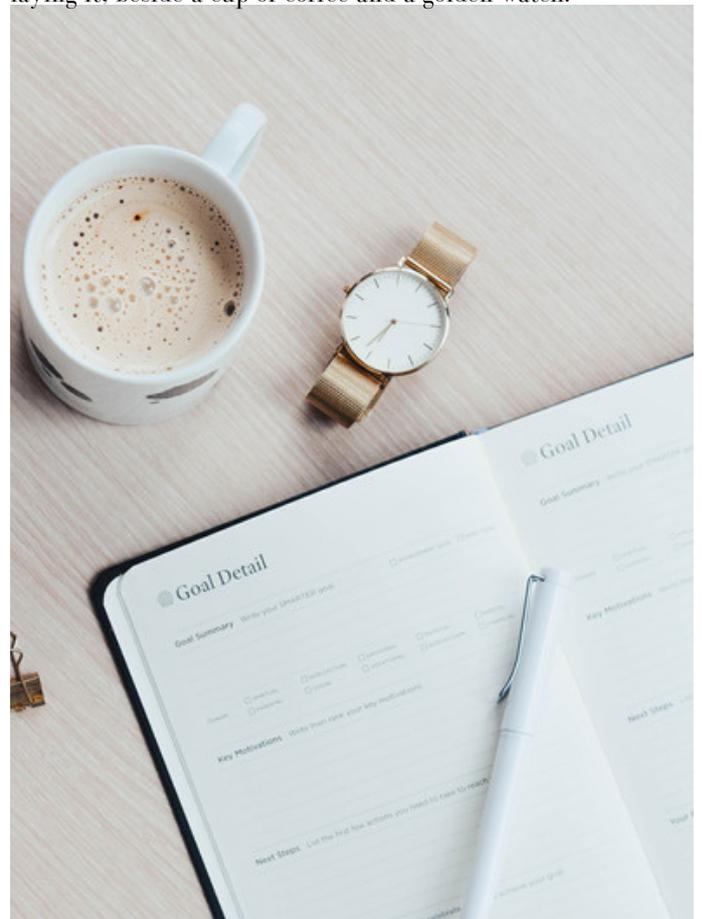
Example Wellness Plan:

- Date/Time: Every Sunday
- Choose a wellness area you want to focus on for that week
- Fill out reflection journal for the week - choose a journal reflection to do
- Create meal schedule for the upcoming week
- Choose 1 bingo activity sheet to do for the upcoming week (relevant to area of wellness)
- Create a work/school schedule for the upcoming week
- Create a chore schedule and a homework schedule for the upcoming week

ALT Text Here: The image below shows a planner with a pen laying it, beside a cup of coffee and a golden watch.

"There isn't one giant step that does it, its a lot of little steps" -

@VITALITYLG



WELLNESS WORKSHEET

Name: _____ Date: _____

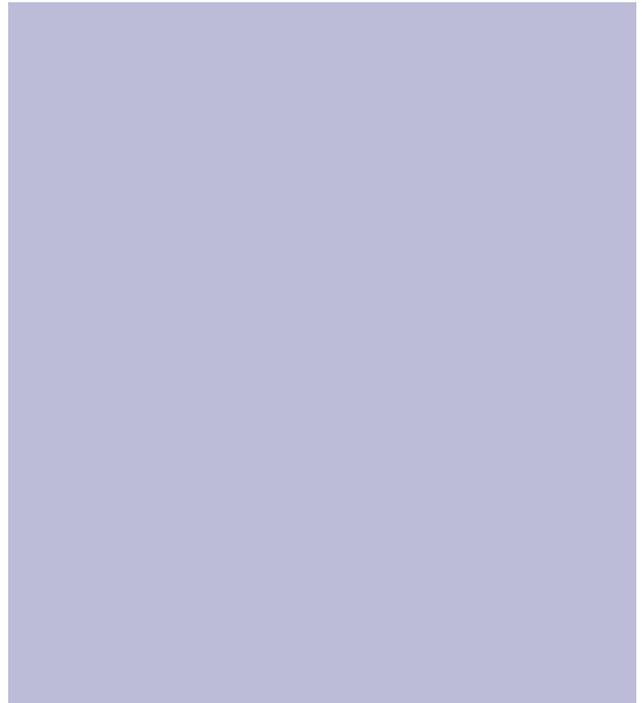
YOUR DAILY PLANNER

MY TO-DO LIST



Five horizontal purple bars stacked vertically, intended for writing a to-do list.

MY SCHEDULE



A large purple rectangular area intended for writing a daily schedule.

QUOTE OF THE DAY



A large purple rectangular area intended for writing a quote of the day.

WELLNESS WORKSHEET

Name: _____ **Date:** _____

PROJECT/EXAM STUDY PLANNING		AMOUNT OF HOURS EXPECTED TO SPEND:
CHAPTERS TO STUDY:	AMOUNT OF DAYS (OR HOURS) AVAILABLE TO STUDY:	
LECTURES TO REVIEW:		
DAY 1	STUDY PLAN:	HOURS SPENT:
DAY 2	STUDY PLAN:	HOURS SPENT:
DAY 3	STUDY PLAN:	HOURS SPENT:
DAY 4	STUDY PLAN:	HOURS SPENT:

WELLNESS WORKSHEET

Name: _____

Date: _____

Month

20XX

S M T W T F S

Goals

1.

2.

3.

4.

5.



Notes

Goal of the Month

--

Quote of the month:

--

WELLNESS WORKSHEET

Name: _____

Date: _____

WEEKLY CHORE CHART

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

WELLNESS WORKSHEET

Name: _____

Date: _____

WEEKLY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROCERY LIST

WELLNESS WORKSHEET

Name: _____ Date: _____

HOMEWORK TO-DO LIST

TASK TO DO

	S	M	T	W	TH	F	S
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						

REMINDERS

Large empty rectangular area for writing reminders.

WELLNESS WORKSHEET

Name: _____ Date: _____

WELLNESS TO DO LIST

WELLNESS ACTIVITY:	S	M	T	W	T	F	S
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						

NOTES:

WELLNESS WORKSHEET

Name: _____ Date: _____

Weekly Lunch Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

WELLNESS WORKSHEET

Name: _____ Date: _____

Lesson Review Sheet

SCHOOL WEEK # ___

SUBJECT _____

REVIEW OF LAST WEEK

THIS WEEK'S LESSON

NEXT STEPS (IE. STUDY OR ASSIGNMENT)

Glossary

1. Wellness - the state of being in good health.
2. Holistic Wellness - the state of being in good health in all aspects of one's life
3. SMART Goals - goals that are built keeping in mind that they are specific, measurable, attainable, relatable, and time based.
4. Self Compassion - the act of understanding and accepting one-self without judgement.
5. Stress - a state of mental or emotional strain/tension.
6. Self-Advocacy - the action of representing one's self, views or interests.
7. Intrinsic Motivation - the internal drive one has the the joy they feel for doing something.
8. Extrinsic Motivation - the external praise or rewards one get's for doing something.
9. Autonomy - one's ability to act on their own values, interests, and will.
10. Self-care - the practice of taking action to preserve or improve one's own health.

"Wellness is the
natural state of my
body"
- Louise Hay

ALT Text: The image below shows half of a lemon, a bowl of cucumbers and two strands of aloe.



EASY START TRANSITION PROGRAM

THE WELLNESS CHECK

An activity booklet to develop your personal wellness program

