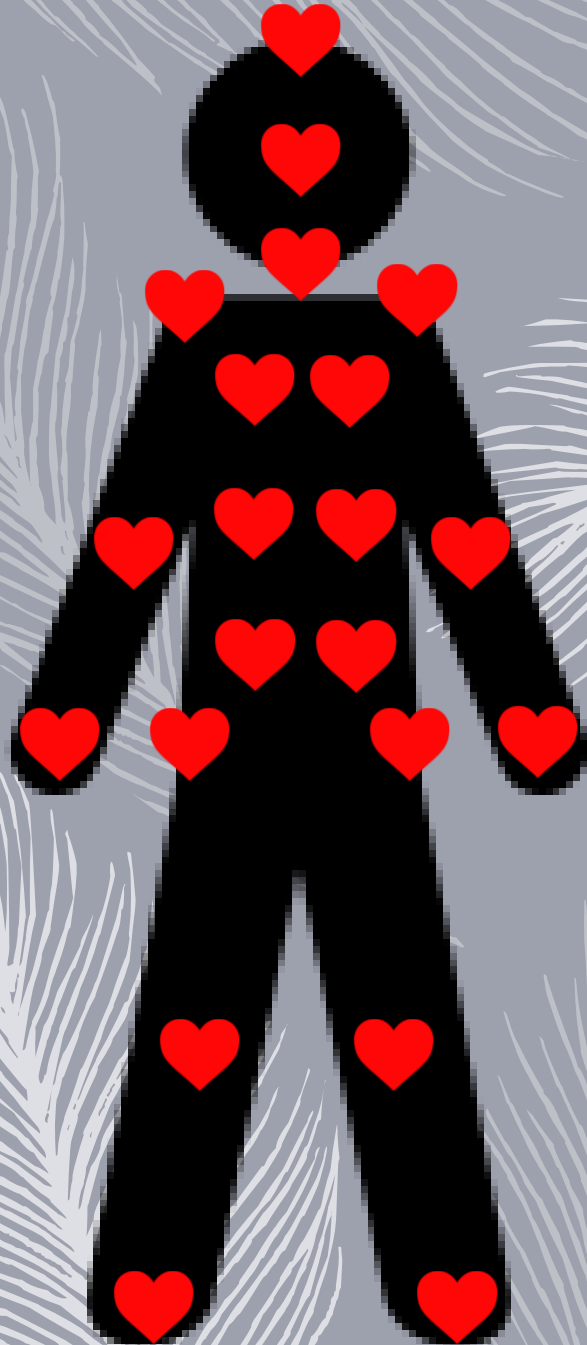# Developing A Personal Wellness Vision As A Part of Self-Care

Let's Set An Intention for This Workshop With A Grounding Exercise

Loving Kindness Meditation:

1. think of yourself with love

2. take that love and think of someone who brings joy to your life, someone you care about

3. think of someone neutral in your life...

4. take that love and gratitude and think of someone who brings you pain

1.Develop a personal wellness vision as a part of an individual self-care practice

2.Assess individual satisfaction with connection to various community roles

3.Utilize tools provided to create and sustain a personal wellness vision ongoing

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Our Intentions as Presenters

Break Out Room Icebreaker

- Join a breakout room and introduce yourself to your new breakout room partner ☺

  - What's your name?

  - Where are you joining from today? (e.g. Westchester)

  - What's one thing you are open to sharing with you partner about yourself, that most people wouldn't know about you just by looking at you?

What is Unique About a Wellness Vision?

Crafting Our Why

Eight Dimensions of Wellness

Emotional
Developing skills and strategies to cope with stress.

Environmental
Good health by occupying pleasant, stimulating environments that support well-being.

Financial
Satisfaction with current and future financial situations.

Intellectual
Recognizing creative abilities and finding ways to expand knowledge and skills.

WELLNESS

Social
Developing a sense of connection and a well-developed support system.

Physical
Recognizing the need for physical activity, diet, sleep, and nutrition.

Spiritual
Search for meaning and purpose in the human experience.

Occupational
Personal satisfaction and enrichment derived from one's work.

— Adapted from Swarbrick, M. (2006). A wellness approach. Psychiatric Rehabilitation Journal, 29,(4) 311- 314.
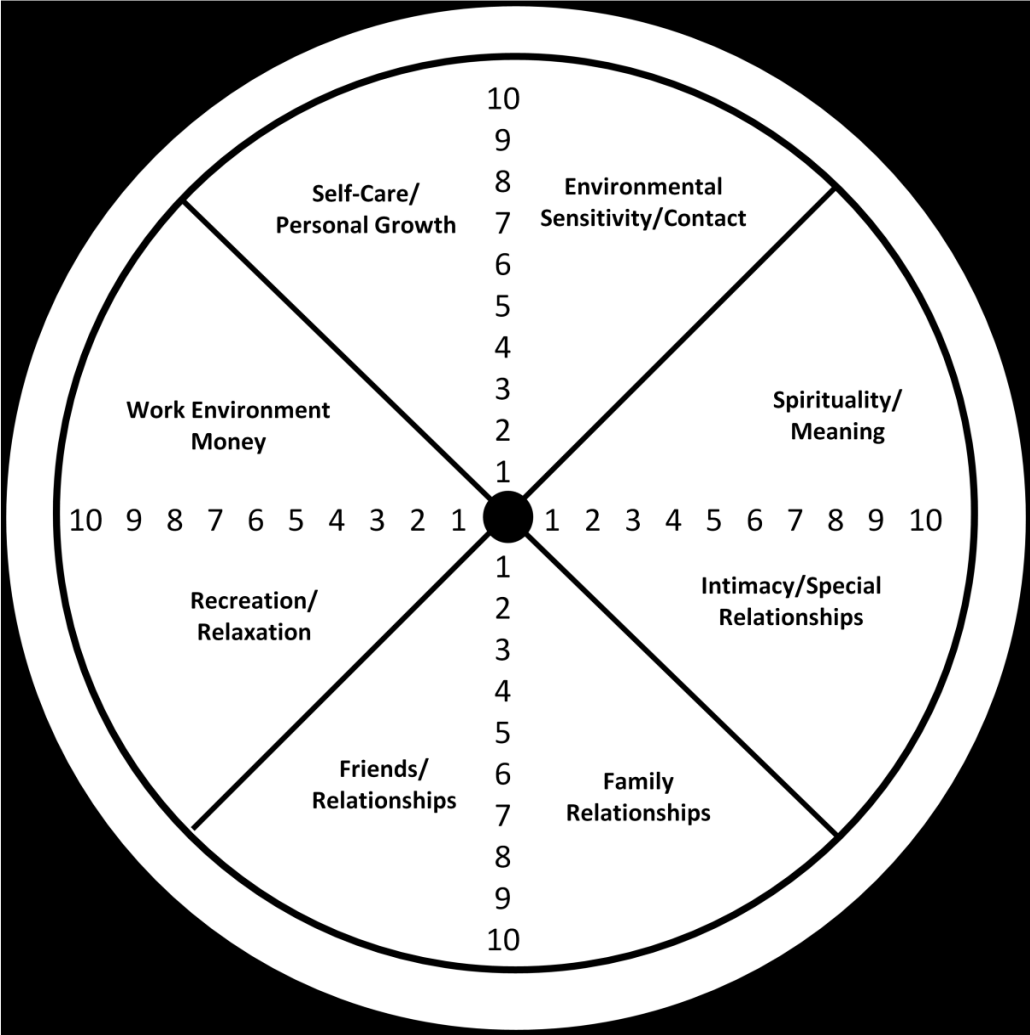
SAMHSA

In What Ways might self care serve different needs for different people?

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WE all have Our Why's, and Our Why Not's

SELF CARE means giving THE WORLD the best OF YOU INSTEAD OF WHAT iS LEFT OF YOU.

KATIE REED | @AMOTHERTHING

Wheel of Satisfaction with Connections

1. What would you look like at your ideal level of wellness?
2. What are the key aspects of this vision?
3. What would you be doing more of?
4. What would you be doing less of?
5. Why is your vision important to you?
6. When in our life have you experienced aspects of your vision?
7. What do you value most in your life?
8. What strengths can you draw upon to achieve your vision?
9. Develop a statement that sums up your idea of what it would look like to live your Well Life vision.

Well Life Vision Tool

Break Out Room Activity

- Pair up with your partner and try to develop a wellness vision using the attached worksheet.

- Be prepared to come back to the group and discuss how it went with a focus on at least one question that resonated with you