D&G Wellness Consulting

How to Relax, Recover, and Prepare For The Fall Wellness Action Plan

Self Care Assessment

Using the scale below, rate the following areas in terms of frequency:
5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me

Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner)
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Take time off when needed
- ☐ Dance, swim, walk, run, play sports,
- ☐ Get enough sleep
- ☐ Wear clothes you like

Psychological Self-Care

- ☐ Make time for self-reflection
- ☐ Write in a journal
- ☐ Read literature that is unrelated to school
- ☐ Let others know different aspects of you
- ☐ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ☐ Say "no" to extra responsibilities sometimes

Emotional Self-Care

- ☐ Spend time with others whose company you enjoy
- ☐ Give yourself affirmations, praise yourself
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh

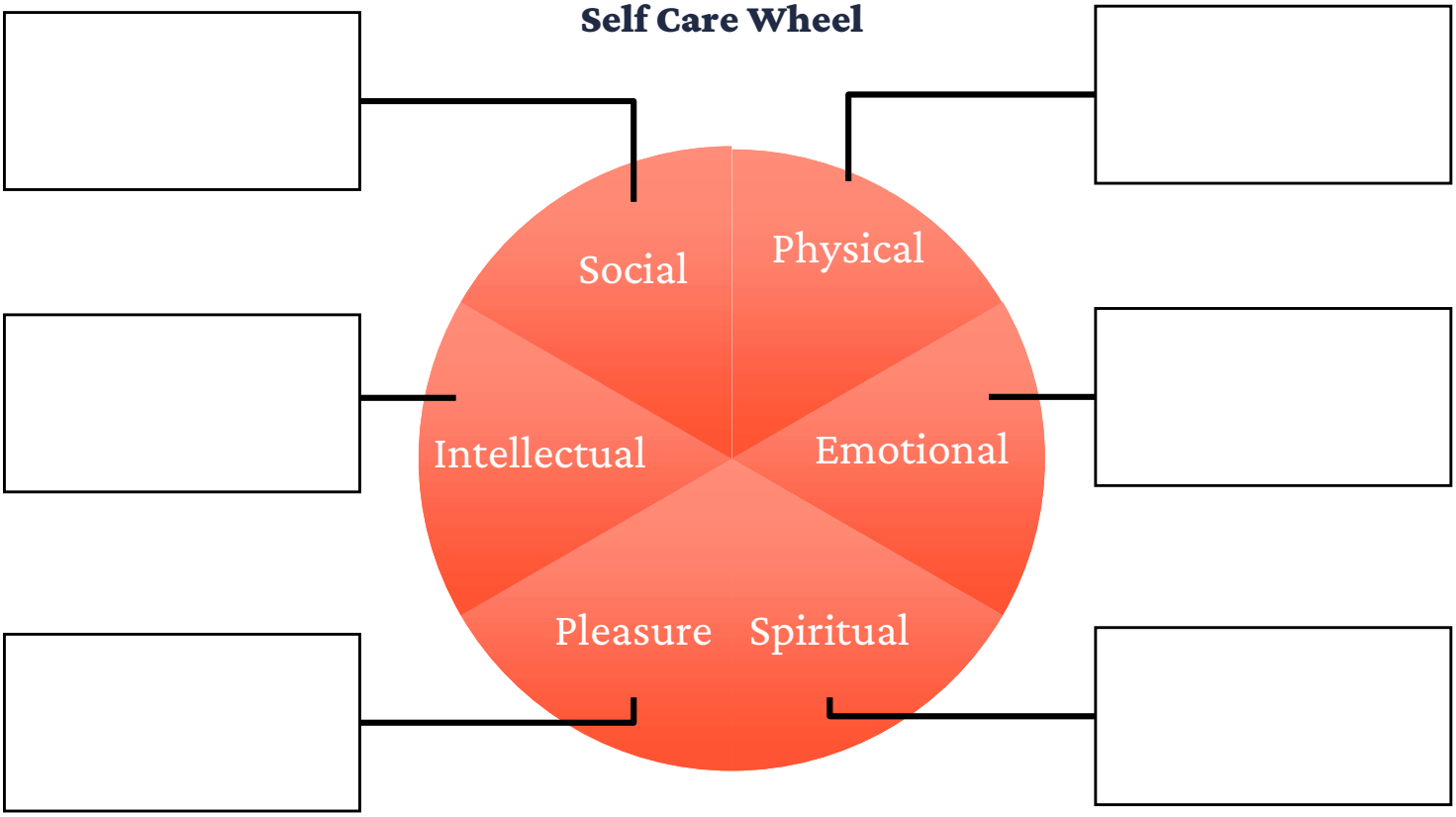
Spiritual Self-Care

- ☐ Make time for reflection
- ☐ Spend time with nature
- ☐ Be open to inspiration
- ☐ Try at times not to be in charge or the expert
- ☐ Be open to not knowing
- ☐ Have experiences of awe
- ☐ Read inspirational literature (talks, music, etc.)

Adapted from Brown University BWell Health Promotion

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Self Care Wheel



Self Care Reflection

List the self care habits you are using to manage stress and stay healthy

List the self care habits you would like to use but are not currently practicing

Identify the obstacles keeping you from practicing these habits

Select one habit you would like to begin practicing.
Complete the following sentence: To day I commit to...

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Yoga and Mindfulness Tools and Apps

Mindfulness Activities

1. Mindful Walking
2. Mindful Eating
3. 3-6 Breath
4. Box Breathing
5. Mindful Listining

Mindfulness Apps

- Headspace
- Calm App
- Insight Timer
- Gratitude
- Smiling Mind

First 10-Minutes

Create a plan to start your day:

Gratitude Reflection

What's a simple pleasure that you're grateful for?
What's something that you're looking forward to?
What's something that you are grateful to have today that you didn't have a year ago?
Write about a happy memory.
Write about someplace you've been that you're grateful for.

The Happiness Advantage

- Gratitude Exercises
- The Doubler
- The Fun Fifteen
- Meditation
- Conscious Act of Kindness
- Deepen Social Connections

Accountability Plan

How will you hold yourself accountable for self care this summer?

Notes:

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