

Pulling It All Together

Using Self-Reflection to

Create a Personalized Wellness Plan

First, make note of what all is working in your life.

What or who are you grateful for?

What do you see as your personal strengths & characteristics that contribute to your sense of wellbeing?

Now let's look at different aspects of life's challenges and see if there are areas you want to improve or strengthen as you think about your self-care and overall wellness.

Stress

What do you do in the moment when you feel your anxiety and stress beginning to increase?

How do you manage your emotions? When do your emotions drive your behavior?

How do you manage your self-talk? Does your self-talk reduce or increase your stress?

What do you do on a routine basis that helps you manage your stress?

Risk Factors

A risk factor is something that increases your chances of a negative health outcome.

Do you have any unaddressed or unresolved past or current trauma, chronic stressors or risk factors that could be impacting your health and overall sense of well-being?

Safety is fundamental! Do you feel safe - physically, psychologically, socially and morally? If not - Where or with who or what situations do you not feel safe?

Any barriers or past negative experiences that keep you from accessing good physical and mental health care?

Protective Factors

What do you see as protective factors in your life that help you to reduce the harshness of challenges and adversity?

What internal beliefs, spirituality or personal world view brings meaning to your life?

List your resources of external supports such as close and supportive relationships, family, co-workers, counselors or helpers.

Do you manage your physical and mental health care?

Do you prioritize preventive, routine care including medical examinations, blood work, dental check-ups, review of medications, and follow up with recommendations?

Resiliency

How quickly do you bounce back from adversity?

How do you increase or replace your reservoir of resiliency?

What resiliency building activities do you do? Activities that bring you enjoyment – give you more energy?

What additional activities would you like to do that you believe would be beneficial to your overall wellbeing?

Pulling It All Together into a Wellness Plan

First, keep doing what is working for you! Remember, we all take care of ourselves in different ways.

Based on the educational information you now have along with your self-reflection, select two areas of your health and wellness you want to improve:

1)

2)

Based on your self-review of risk and protective factors what action steps do you want to take to reduce personal risk factors, add or strengthen your protective factors?

What resiliency building activities will you include in your self-care wellness plan?

Small steps get us moving in the direction we want to go. What is one thing you can commit to today that will reinforce your commitment to your self-care?

Remember your history is not your destiny! You can:

- Learn new ways of coping
- Learn new wellness skills
- Experience healthy growth and healing
- Create a healthier future

Make a Commitment to Your Wellness.
Doesn't Matter Where You Start.
Start Somewhere. Start Here. Start Now.

Resources to help with your wellness journey:

Sandra Bloom & Brian Farragher: Restoring Sanctuary

Bessel Van Der Kolk, M.D.: The Body Keeps the Score

Robert Sapolsky: Why Zebras Don't Get Ulcers

Laura van Dernoot Lipsky & Connie Burk: Trauma Stewardship

Elizabeth Blackburn, PhD & Elissa Epel, PhD: The Telomere Effect

Charles R. Figley, PhD, Editor: Compassion Fatigue

There are many self-assessment and wellness tools on line. Take a look.

Center for Victims
Need Help? Look for the Helpers.

- Have you or someone you know been a victim of a crime or violence?
- Are you being abused or threatened by a partner or someone close to you?
- Have you or your child been raped or sexually assaulted?
- Do you or someone you know have concerns about safety?
- Do you need help resolving a conflict peacefully?

Center for Victims 24-hour Crisis Hotline. 1-866-644-2882.

Free and confidential services.