

# What Does Wellness Mean to You?

## Objective

To identify what you require to achieve wellness.

## What to Know

Wellness is more than just being free from illness or disease. For many, wellness means physical fitness, happiness, relaxation, inner harmony, emotional balance, stress reduction, good quality of life, and spirituality or religious practices. The World Health Organization (WHO) defines wellness as a state of complete physical, mental, and social wellbeing. Health experts agree that wellness should include a balance among emotional, physical, social, spiritual, environmental, financial, intellectual, and occupational dimensions. They believe all dimensions of wellness are interrelated and essential to living a fulfilling life.

Once you identify what wellness means to you, you can create goals to support wellness. Typical wellness goals include maintaining a healthy weight, reducing stress, increasing fitness, or expanding social activities.

This worksheet will help you identify what you require to achieve wellness.

## What to Do

Answer the following questions.

How do you define wellness?

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What are some areas in your life that are currently contributing to your wellness?

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What are some things you'd like to improve?

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The following is a list of things that support wellness. Check off any of the following that you would like to do.

- learn self-care techniques
- set aside more time for self-care
- understand how seeing and/or experiencing trauma has affected you
- set better boundaries
- ask for help more often
- make more effective use of your time
- develop strategies to stay committed to a sustainable wellness plan
- say "no" more often
- reduce anxiety
- prioritize responsibilities
- be kinder to yourself
- learn how to incorporate self-care into your daily life
- identify the warning signs of burnout and compassion fatigue
- apply "wellness first aid" and have a coping toolbox for when you're close to burnout
- develop coping skills for life stressors
- receive guidance in your professional life
- get professional training or return to school for an advanced degree
- find inspiration in your work
- celebrate successes more often
- have a healthier work environment
- spend more time with loved ones
- make new friends
- learn from mistakes and challenges and move forward with ease
- increase creativity
- stop doing things that are not helpful
- cope with an addiction
- better time management

- effectively resolve conflicts
- resolve financial issues
- express needs and wants more clearly to others
- have more control over schedule and workload
- develop a spiritual or religious practice
- find a hobby
- work on your marriage/relationship
- have more help at home (for example, childcare or household tasks)
- increase motivation to make life changes
- other: \_\_\_\_\_
- other: \_\_\_\_\_
- other: \_\_\_\_\_

Now, review the items you checked off, and write down the top three most important items.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

After reviewing the above list, write about what wellness means to you.

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What gets in the way of you achieving wellness? Be specific.

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Who can help you achieve wellness? Write down three or four names.

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What is one action step you can do this week to support your wellness? Be specific.

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Set a date to complete this action step: \_\_\_\_\_

Did you complete the action step? Why or why not?

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### **Reflections on This Exercise**

How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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