
Problem Gambling Wellness Oriented Care Toolkit

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Oregon
Health
Authority

Oregon Health Authority Problem Gambling Services Problem Gambling WOC (Wellness Oriented Care) Toolkit

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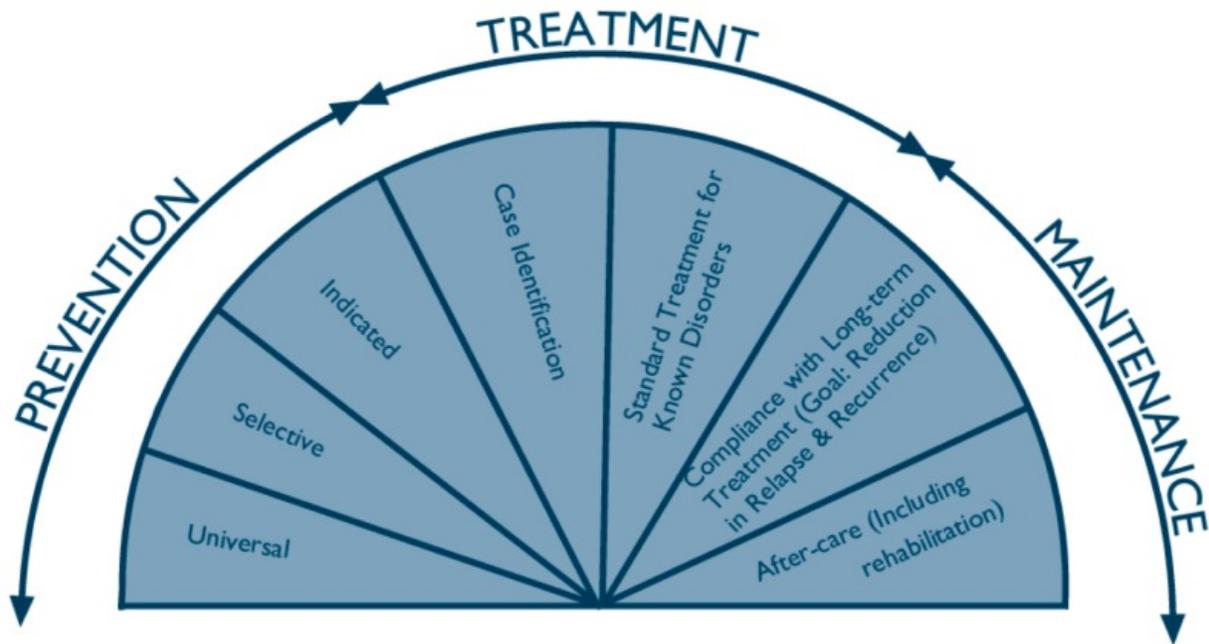
Introduction

OHA PGS has developed this toolkit to provide support to problem gambling treatment staff in their work with clients. Through dialogue with providers in the Oregon Problem Gambling Treatment System, OHA PGS has identified several crucial points in the treatment process where clarification of treatment processes and clinical perspective can be helpful in building momentum for a wellness focused approach to treatment that embraces a recovery oriented care perspective.

OHA PGS supports the idea that the role of a problem gambling treatment program and staff is to assist clients in moving towards – and ultimately into – lifelong and self-sustaining recovery from problem gambling. To do this treatment programming must be oriented towards long term recovery. OHA PGS has chosen to subscribe to the Recovery Oriented System of Care (ROSC) endorsed by the Substance Abuse and Mental Health Services Administration (SAMHSA). OHA PGS utilizes SAMHSA models in establishing system-wide goals and processes. The infographic below summarizes the ten key ingredients of recovery, according to the SAMHSA model.



OHA PGS also supports the SAMHSA model or ROSC as adopted from NIH (National Institute of Health). As the infographic below demonstrates, prevention is an important part of a continuum of care, as is case identification (OHA PGS GBIRT initiative is born out of recognition of the importance of case identification). Further, OHA PGS recognizes the essential need for continuing care and community supports to sustain long term recovery.



OHA PGS has infused the treatment process with the eight dimensions of wellness, as supported by SAMHSA. OHA PGS has included questions about wellness – connecting to the eight dimensions of wellness --- in the admission survey, the semi-annual satisfaction survey, and the follow up evaluation survey.

OHA PGS supports a wellness planning model that connects with the eight dimensions of wellness – support for this wellness planning model is included in this toolkit. By using the eight dimensions of wellness as a way to evaluate the client’s recovery at the beginning of treatment, during treatment, and to follow up after an active treatment episode, OHA PGS can gain valuable insight into problem gambling clients relationship to their wellness through-out their recovery process. Additionally, by simply being aware of the eight dimensions of wellness -- and using them to orient recovery – the impact on a client’s recovery path can be strengthened and clarified.

The Eight Dimensions of Wellness:

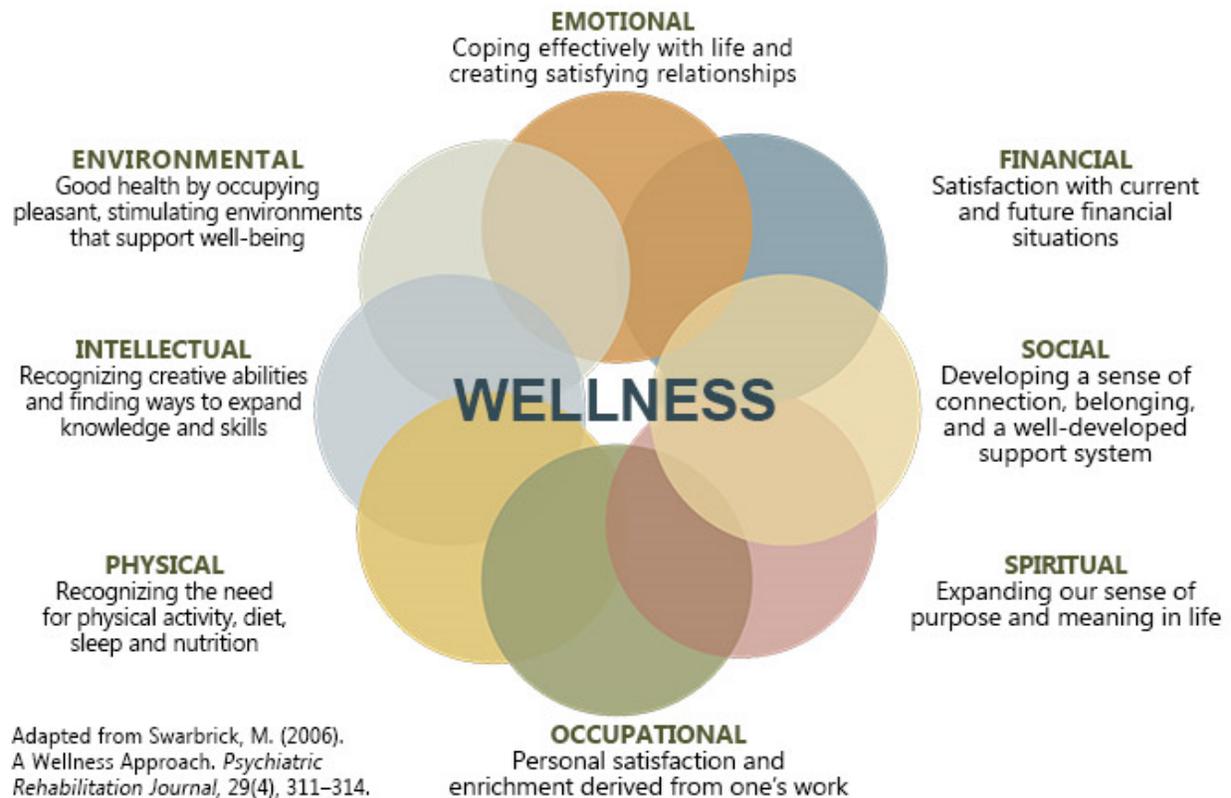


This toolkit provides technical support for creating a recovery-oriented care foundation that is grounded in the eight dimensions of wellness. The toolkit provides specific support at the crucial points in treatment mentioned earlier in this introduction. Those points are:

- 1) Early Treatment Engagement
- 2) Wellness Plan Development
- 3) Financial Dimensions of Problem Gambling Treatment
- 4) Extending Active Treatment Episodes
- 5) Continuing Care

OHA PGS utilizes the “Five Stages in the Recovery Process” model described in the chart below. The chart is only a model and can be used as an aid in case conceptualization. It’s important to understand that there are always exceptions to these types of models.

briefly defining it (some brief definitions are offered in the graphic below), and simply asking the client how things are going for them in that dimension.... This can be done over several sessions, and does not need to be a focal point of the session... The SAMHSA Eight Dimensions of Wellness infographic – below – provides some brief definitions of each wellness dimension that may be helpful.



Once connection with the client around pressing needs is made, and desperation is decreased, identifying the wellness baseline may be an easier discussion. At this point, moving from the first stage of recovery -- in the five-stage recovery process model – to the second stage of recovery, can begin. A strategy that may be effective here is to use the baseline information on the clients' current relationship to the dimensions of wellness to open discussions about client confidence in their capacity to *improve* their wellness.

Early engagement can start to pivot focus from pressing needs and decreasing desperation when it becomes clear that the client is developing some sense of stability that change is possible... at this point, assessments can be completed. As assessments are completed, the financial components addressed in assessment may come more sharply into view. At this time, addressing the financial dimensions of the client's current life can be focused on.

Wellness Planning

OHA PGS supports the use of wellness planning early in treatment – towards the end of stage two and into stage three of the “Five Stages of Recovery Process” – as an essential component to providing a Wellness Oriented Care treatment episode for problem gambling clients. The OHA PGS Wellness Plan Template is included in the appendix of this toolkit.

Wellness planning is - in essence – the process of establishing a vision for long term recovery. The essential question that is answered by a wellness plan is “what will a wellness-centered life without gambling addiction look like?” Using the Eight Dimensions of Wellness structure can help the client and the counselor develop goals and increase empowerment and forward movement in treatment and recovery.

Wellness planning is best done collaboratively, with the counselor acting as a guide in clarifying the vision of wellness in each dimension. Wellness planning can take multiple sessions to complete. As a best practice, OHA PGS recommends working collaboratively with one to two dimensions per session. It may be helpful to have clients do “homework” outside of session. But many clients have challenges with completing out of session work.

Wellness Planning Guidelines

- 1) Wellness plans are a required part of successful completion
- 2) Wellness plans are distinct from discharge plans, relapse prevention plans and treatment/service plans
- 3) OHA PGS is positioning wellness planning as a way to operationalize Recovery Oriented (System of) Care principles
- 4) Best practice recommendation: Wellness plans should be completed collaboratively with the client in the first two months of active treatment.
- 5) Wellness plans DO NOT need to have concrete goals... they should be used as tools to clarify client vision of a life of wellness/recovery. It is expected and encouraged to use the plan as an organic document that can/will change as the client’s recovery path unfolds.
- 6) OHA PGS has integrated the eight dimensions of wellness into admissions surveys, semi-annual satisfaction surveys and treatment follow up surveys. Wellness plans that follow this structure will provide program continuity and a solid recovery foundation for clients.
- 7) Best practice recommendation: utilize wellness plans to inform service/treatment plans, discharge plans and relapse prevention plans.
- 8) **NOTE:** extension variances that do not report that a wellness plan has been completed will be authorized for not more than 90 days with the expectation that the next variance request submitted will document the completion of a wellness plan.

The Financial Dimension in PG Treatment

Financial wellness for people dealing with problem gambling is much more than setting goals around money management. OHA PGS recommends that counselors new to Problem Gambling complete the OHA PGS ON DEMAND Training (2 hours, 2 MHACBO CEU’s): “Financial Counseling in Problem Gambling Treatment”. OHA PGS recommends a sequential approach beginning with the assessment and moving through deeper level work around attitudes, beliefs and family history regarding money. The sequence

below is taken from the OHA PGS training mentioned in this section. To register and participate in the training: <https://attendee.gototraining.com/r/5518984736600002562>

A Sequential Approach to the Financial Dimension of Problem Gambling Treatment

1. Preliminary Financial Assessment
2. Establish Firewalls (aka “Money Barriers”)
3. Take a Financial Snapshot
4. Explore attitudes, beliefs, history and cultural factors (Relationship to Money)
5. Link wellness plan to financial dimensions identified in assessment and exploration
6. Develop financial recovery plan
7. Address deeper factors identified in #4.

Financial Recovery Plans

Financial Wellness is an important component of sustained recovery from problem gambling. After a wellness plan and firewalls are established – towards the end of stage three/beginning of stage four of the “Five Stages of Recovery Process” model –it can be helpful to develop a solidified Financial Recovery Plan. A Financial Recovery Plan can be informed by data gathered from three components:

- 1) The Financial Snapshot
- 2) Relationship to Money
- 3) Wellness Plan Goals around Financial Wellness

A return to financial health can be empowering, rejuvenating and nurturing for the client. There is a Financial Recovery Plan template in the appendix of this toolkit.

The Financial Recovery Plan template provided focuses on setting goals to pay off or resolve gambling debts as informed by the financial snapshot and lessons learned from work on the clients’ relationship to money and larger wellness plan goals around financial wellness.

Extending Treatment

OHA PGS funded treatment episodes are authorized for up to one year. If more treatment is needed at the end of the authorized year, and extension request can be submitted. All clients receiving treatment in the OHA PGS system are also eligible for one year of Continuing Care Services after an active treatment episode. Given the distinction between active treatment and continuing care, it is important to have clarity on factors contributing to a decision on submitting an extension request or moving to continuing care.

OHA PGS is in full support of active treatment providing the primary foundation for sustained recovery. When a problem gambling client -- due to a change in their relationship to gambling behavior (abstinence or significant harm reduction, or example) – no longer meets eligibility for active treatment, they should be discharged from treatment *or* transitioned to continuing care. Making these determinations, with clarity, can be challenging.

Determining when to extend active treatment.

If a client has met treatment completion criteria for less than six months, a six month to nine month extension will usually be authorized. If a client has met treatment completion criteria for six to twelve months, an extension of a shorter duration may be authorized if there are clear and specific relapse triggers identified.

The successful treatment criteria are:

- 1) At least 30 continuous days of abstinence from the problem gambling behavior.
- 2) At least 75% of short-term treatment objectives have been met.
- 3) There is a wellness plan in place.

Discharge/Continuing Care Determination

If ending an active treatment episode is the appropriate action, determining whether to fully discharge a client from services or transition to Continuing Care becomes the next big decision. Generally, if there are not community and interpersonal supports available for the client, then staying connected to the treatment program through Continuing Care Services will provide the best support for the client's continued recovery and wellness.

Community and Interpersonal Support examples:

- 1) Gamblers Anonymous or other Community Based Recovery Group (SMART, Refuge, Celebrate Recovery).
- 2) Pro-recovery, supportive, problem gambling-informed friends and family.
- 3) Stable relationships with friends and family.
- 4) Established resources for basic needs.

Continuing Care

For clients that stay engaged with the program for continuing care, OHA PGS recommends focused support from counselors and mentors/peer support specialists that:

- 1) Addresses specific goals and vision in the client's wellness plan.
- 2) Addresses community-based supports.
- 3) Addresses interpersonal relationship skills and issues.

OHA PGS emphasizes that the primary goal in continuing care should be the development of stable pro-recovery relationships and community-based recovery supports. In areas of the State that do not have community-based support for people in recovery from Problem Gambling, consider linking them with online resources such as [Online GA Groups](#) or [Gamtalk](#).

Adapting Wellness Oriented Care for Concerned Others

OHA PGS provides treatment for concerned others of people dealing with problem gambling. Many concerned others are engaged in individual treatment independently of treatment with the person dealing with problem gambling. Some concerned others can also be dealing with co-occurring substance use disorders or mental health disorders. Provided that the substance use disorder or mental

health disorder that the concern other is experiencing is related to the problem gambling behavior of their loved one, treatment of the co-occurring disorders in PGS is permitted.

The wellness guidelines addressed in this toolkit can be adapted for use with concerned others. An OHA PGS best practice recommendation when working with concerned others around wellness-oriented care is to substitute focus on gambling behavior with the gambling behavior of the loved one. Below are some specific adaptation practices:

- 1) Early Engagement Strategies – focus on pressing needs and engaging and regulating feelings of desperation caused by gambling behavior and related issues. Begin to focus on financial firewalls – financial barriers that limit access to their money by the person dealing with problem gambling. Work with assessing co-occurring challenges and developing treatment for them. Begin looking at wellness across the eight dimensions.
- 2) Wellness Planning – developing wellness goals with focus on boundaries between the client and the person dealing with problem gambling. What can they do for themselves, that does not necessarily involve the loved one?
- 3) Financial Recovery Plans – continuing to develop and maintain firewalls and boundaries around money.
- 4) Extending Treatment – consider relationship of co-occurring issues to the current problem gambling behavior of the loved one.
- 5) Continuing Care – If support in the community or in interpersonal relationships outside of the relationship with the person dealing with problem gambling is not well established or achievable, consider transitioning to continuing care. If there is solid support in the community and in interpersonal relationships, discharging from program services is appropriate.

Summary

OHA PGS supports and recommends utilizing a Wellness Oriented Care approach to treatment. This WOC approach complements work in a larger Recovery Oriented System of Care (ROSC). OHA PGS holds the perspective that, with a focus on wellness as it relates to problem gambling recovery, progressive and recovery-oriented treatment will fall into place.

Appendix

- a. Financial Recovery Plan Template**
- b. Financial Snapshot**
- c. Wellness Plan Template**
- d. Recovery Capital Assessment Tool**
- e. SAMHSA's "Creating a Healthier Life: A Step-by-Step Guide to Wellness"**
- f. Wellness Assessment Tool**

Financial Recovery Plan

The primary objective of the financial recovery plan is to provide structure for paying down gambling related debt. Counselors and clients can use their previous work with the financial snapshot and relationship to money to establish goals and priorities for financial recovery.

Step One: *Establish monthly allotment for paying down gambling related debt. Use the financial snapshot to arrive at that figure.*

Monthly Gambling Debt Allocation: \$ _____

Step Two: *Identify the individuals and entities that money is owed to. Write them down in the box below.*

Step Three: *Prioritize the order of importance in paying down debt to each of the individuals and entities listed above by placing a priority number beside them in the box above.*

Step Four: *Select the top one to three priority individuals/entities and assign a percentage of the total monthly allocation from step one to each individual/entity. Write the name of the entities and the corresponding percentage of the total allocation in the box below.*

SNAPSHOT: Monthly Income & Expenses

Date: _____

EXPENSES

Monthly Averages

**Money for Emergency Fund / Savings / Investments \$ _____

Rent/Mortgage/Property Tax/Home Insurance \$ _____

Home Repairs and Maintenance (Monthly Average) \$ _____

Auto Loan Payments and Auto Insurance \$ _____

Auto Repairs and Maintenance (Monthly Average) \$ _____

Gasoline/Parking/Public Transportation \$ _____

Mostly Fixed Expenses

Electric \$ _____ NatGas \$ _____ Cable \$ _____ Internet \$ _____

Water \$ _____ Garbage \$ _____ Phone \$ _____ Cell \$ _____

Total Utilities \$ _____

Groceries and Household Supplies (Average) \$ _____

Meals Out/Snacks/Coffee (Average) \$ _____

Tobacco/Alcohol (Average) \$ _____

Self Care (Haircut, Massage, Manicure, Cosmetics, Etc) \$ _____

Entertainment/Recreation/Hobbies/Sporting Activities \$ _____

Clothing Purchases and Dry Cleaning (Monthly Average) \$ _____

Variable Expenses

Dependent Care (Expenditures for Children and/or Pets) \$ _____

Medical/Dental/Therapy/Prescriptions (Monthly Average) \$ _____

Insurance Premiums (Medical, Disability, Life) \$ _____

Vacations/Travel (Monthly Average) \$ _____

Gifts to Others/Charity (Monthly Average) \$ _____

What else? _____ \$ _____

What else? _____ \$ _____

Periodic Expenses

Monthly Living Expenses \$ _____

Personal Debts (from worksheet)

Credit Cards Monthly Payment \$ _____

Student Loans, Lines of Credit and Other Debts Monthly Payment \$ _____

Total Monthly Personal Debt Payments \$ _____

Debt Payment

TOTAL MONTHLY EXPENSES \$ _____

(Living Expenses + Debt Payments)

INCOME

Monthly Averages

#1 Take-Home Salary After Taxes and Deductions	\$ _____
#2 Take-Home Salary After Taxes and Deductions	\$ _____
Health Savings, Childcare and Other 'Pass Through' Dollars	\$ _____
Commissions/Tips (Average)	\$ _____
Investments/Trusts (Dividends, Interest, Rent, etc)	\$ _____
Pension/Retirement/Social Security	\$ _____
Child Support/Alimony	\$ _____
What else? _____	\$ _____
What else? _____	\$ _____

TOTAL MONTHLY INCOME \$ _____

COMPARE INCOME & EXPENSES

AVERAGE MONTHLY INCOME \$ _____

Subtract AVERAGE MONTHLY EXPENSES \$(_____)

NET \$ _____

If your income is *less* than your expenses ... you have *two* choices:

- Reduce your expenses
- Earn additional income

If your income is *greater* than your expenses ... you have *many* choices:

- Freedom from financial insecurity
- Increased expenditures for yourself or others
- Savings for the near-term and long-term future

***Accurate financial information is liberating.
Truthful awareness of the movement of money in your life
will provide the foundation for financial well-being.***

Client ID: _____

Wellness Dimension: _____

Wellness Plan Worksheet

Problem Gambling has impacted me negatively in this wellness dimension in the following three (or more) ways:

I envision focusing on the following three (or more) things to address the above negative impacts and improve my wellness in this dimension:

Client ID: _____

Wellness Plan

Wellness Dimension	PG Impacts <small>(from worksheets)</small>	Future Vision <small>(from worksheets)</small>
Emotional		
Financial		
Social		
Spiritual		
Occupational		
Physical		
Intellectual		
Environmental		

Assessment of Recovery Capital

Please tick if you agree with any of the following statements

1. Having a sense of purpose in life is important to my recovery journey
2. I am able to concentrate when I need to
3. I am actively involved in leisure and sport activities
4. I am coping with the stresses in my life
5. I am currently completely sober
6. I am free from worries about money
7. I am actively engaged in efforts to improve myself (training, education and/or self-awareness)
8. I am happy dealing with a range of professional people
9. I am happy with my personal life
10. I am making good progress on my recovery journey
11. I am proud of my home
12. I am proud of the community I live in and feel a part of it
13. I am satisfied with my involvement with my family
14. I cope well with everyday tasks
15. I do not let other people down
16. I am free of threat or harm when I am at home
17. I am happy with my appearance
18. I engage in activities and events that support my recovery
19. I eat regularly and have a balanced diet
20. I engage in activities that I find enjoyable and fulfilling
21. I feel physically well enough to work
22. I feel safe and protected where I live
23. I feel that I am in control of my substance use
24. I feel that I am free to shape my own destiny
25. I get lots of support from friends
26. I get the emotional help and support I need from my family
27. I have a special person that I can share my joys and sorrows with
28. I have access to opportunities for career development (job opportunities,

- volunteering or apprenticeships)
29. I have enough energy to complete the tasks I set myself
30. I have had no 'near things' about relapsing
31. I have had no recent periods of substance intoxication
32. I have no problems getting around
33. I have the personal resources I need to make decisions about my future
34. I have the privacy I need
35. I look after my health and wellbeing
36. I make sure I do nothing that hurts or damages other people
37. I meet all my obligations promptly
38. I regard my life as challenging and fulfilling without the needs for using drugs or alcohol
39. I sleep well most nights
40. I take full responsibility for my actions
41. It is important for me to be involved in activities that contribute to my community
42. In general I am satisfied with my life
43. It is important for me to do what I can to help other people
44. It is important to me that I make a contribution to society
45. My living space has helped to drive my recovery journey
46. My personal identity does not revolve around drug use or drinking
47. There are more important things to me in life than using substances
48. What happens to me in the future mostly depends on me
49. I have a network of people I can rely on to support my recovery
50. When I think of the future I feel optimistic

References

Groshkova, T, Best, D. & White, W. (2012) Short Assessment of Recovery Capital (SARC): Properties and psychometrics of a measure of addiction recovery strengths. *Drug and Alcohol Review*, 10 AUG 2012, DOI: 10.1111/j.1465-3362.2012.00489.x, 1-8.

Best, D., Groshkova, T. & White, W. (Submitted for publication) Short Assessment of Recovery Capital (SARC): Properties of a short measure of recovery capital from a developmental perspective.

Personal Assessment: 8 Dimensions of Wellness

Directions: Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals in the light gray box to the right of the chart. This number is your score for that dimension (out of 40).

EMOTIONAL

	Rarely, if ever	Sometimes	Most of the time	Always	
I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)	1	2	3	4	
I am able to ask for assistance when I need it, either from friends and family, or professionals.	1	2	3	4	
I accept responsibility for my own actions.	1	2	3	4	
I am able to set priorities.	1	2	3	4	
I feel good about myself and believe others like me for who I am.	1	2	3	4	
I am flexible and able to adapt/adjust to life's changes in a positive way.	1	2	3	4	
I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.	1	2	3	4	
I maintain a balance of work, friends, family, school and other obligations.	1	2	3	4	
I do not let my emotions get the better of me. I think before I act.	1	2	3	4	
I have a healthy relationship with social media.	1	2	3	4	
TOTAL					

SPIRITUAL

	Rarely, if ever	Sometimes	Most of the time	Always	
I take time to think about what is important in life – who I am, what I value, where I fit in, where I'm going.	1	2	3	4	
I make time for relaxation during the day.	1	2	3	4	
I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).	1	2	3	4	
My values guide my decisions and actions.	1	2	3	4	
I have a sense of purpose in my life.	1	2	3	4	
I am tolerant and accepting of the view of others.	1	2	3	4	
I utilize resources to improve my well-being.	1	2	3	4	
I am active in communities or causes I care about.	1	2	3	4	
I am able to set, communicate and enforce boundaries.	1	2	3	4	
I work to create balance and peace within my interpersonal relationships, community and the world.	1	2	3	4	
TOTAL					

PHYSICAL

	Rarely, if ever	Sometimes	Most of the time	Always	
I manage my weight in healthy ways.	1	2	3	4	
I exercise regularly.	1	2	3	4	
I get 7-9 hours of sleep each night and feel rested in the morning.	1	2	3	4	
I seek advice from health care professionals if I have a health concern I cannot solve on my own.	1	2	3	4	
I do not use or avoid harmful use of drugs (over-the-counter, prescription and illicit).	1	2	3	4	
I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)	1	2	3	4	
I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps.	1	2	3	4	
I maintain healthy eating patterns that include fruits and vegetables.	1	2	3	4	
I stay hydrated and drink water throughout the day.	1	2	3	4	
I protect myself from STIs and unwanted pregnancy by either abstaining from sexual behaviors or using proper protection, such as condoms.	1	2	3	4	
TOTAL					

SOCIAL

	Rarely, if ever	Sometimes	Most of the time	Always
I am satisfied with my social life.	1	2	3	4
I am involved in at least one community group.	1	2	3	4
I maintain a network of supportive friends, family and social contacts.	1	2	3	4
I have at least one meaningful relationship in my life.	1	2	3	4
I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)	1	2	3	4
I am able to prioritize my own needs by saying "no" to others' requests for my time.	1	2	3	4
I have someone I can talk to about my feelings and struggles.	1	2	3	4
I participate in social activities and enjoy being with people who are different from me.	1	2	3	4
I give and take equally in my relationships.	1	2	3	4
I plan time with my family and friends.	1	2	3	4
TOTAL				

FINANCIAL

	Rarely, if ever	Sometimes	Most of the time	Always
I am able to set and stick to a budget each month so I don't run out of money.	1	2	3	4
I know my total amount of debt and interest rates.	1	2	3	4
I pay my credit cards, tuition/fees and other bills on time.	1	2	3	4
I know about retirement plans and have goals around retirement funding..	1	2	3	4
I have a savings account and save money regularly.	1	2	3	4
I know my credit score.	1	2	3	4
I keep my financial information safe by using secure passwords, PINs and dual authentication.	1	2	3	4
I feel good about my current and future financial situation.	1	2	3	4
I check my bank statements/accounts each month.	1	2	3	4
I understand how to build credit and use credit cards wisely.	1	2	3	4
TOTAL				

OCCUPATIONAL

	Rarely, if ever	Sometimes	Most of the time	Always
I am able to balance work, play, school and other aspects of my life.	1	2	3	4
I take advantage of opportunities to learn new skills that can enhance my future employment opportunities.	1	2	3	4
I know what skills are necessary for the occupations I am interested in.	1	2	3	4
I strive to develop good work habits (dependability, initiative, etc.).	1	2	3	4
I work effectively with others.	1	2	3	4
I have confidence in my job search skill (resume writing, interviewing, cover letters, networking, etc.).	1	2	3	4
I have explored different career options.	1	2	3	4
I know where to find employment opportunities (job service, online, etc.)	1	2	3	4
I manage my time effectively.	1	2	3	4
I have participated in internships or volunteer work.	1	2	3	4
TOTAL				

INTELLECTUAL

	Rarely, if ever	Sometimes	Most of the time	Always
I know about available campus resources to help me study.	1	2	3	4
I feel fulfilled in my academic program.	1	2	3	4
I seek personal growth by learning new skills.	1	2	3	4
I look for ways to use my creative and critical thinking skills.	1	2	3	4
I am open to new ideas.	1	2	3	4
I learn about different topics that interest me from books, magazines, newspapers and the internet.	1	2	3	4
I know how to access academic resources when necessary.	1	2	3	4
I am comfortable reaching out to my professor/TA for help or attending office hours.	1	2	3	4
I am eager to learn.	1	2	3	4
I stay informed about social, political and other current issues.	1	2	3	4
TOTAL				

ENVIRONMENTAL

	Rarely, if ever	Sometimes	Most of the time	Always
I spend time outdoors enjoying nature.	1	2	3	4
I reduce, reuse and recycle products.	1	2	3	4
I try to lessen my environmental impact.	1	2	3	4
I walk, bike, use public transportation or carpool when possible.	1	2	3	4
I am concerned about impacts on my local, national and world climate.	1	2	3	4
I have a space to call my own.	1	2	3	4
I feel comfortable in the space I occupy.	1	2	3	4
I feel content in my environments (class, home, work, etc.).	1	2	3	4
I shop locally.	1	2	3	4
I participate in events that help my community (food drives, fundraisers, etc.).	1	2	3	4
TOTAL				

Personal Wellness Checklist

Directions: Write down your scores from each of the dimensions and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

DIMENSION OF WELLNESS	MY SCORE	MAXIMUM SCORE
Emotional		40
Spiritual		40
Physical		40
Social		40
Financial		40
Occupational		40
Intellectual		40
Environmental		40

Which dimensions could you improve on? _____

Which dimensions are going “okay”? _____

Which dimensions are you having success in? _____



Adapted from:

Health and Wellness Services
UNIVERSITY OF COLORADO BOULDER

*This assessment has been adapted from the New York State Bar Association (NYSBA)



CREATING A **HEALTHIER LIFE**

A STEP-BY-STEP GUIDE TO WELLNESS



CREATING A HEALTHIER LIFE: *A STEP-BY-STEP GUIDE TO WELLNESS*

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Wellness Initiative envisions a future in which people with mental or substance use problems pursue health, happiness, recovery, and a full and satisfying life in the community.

Each individual's path will be a bit different.

Every aspect of wellness can affect a person's life. Working toward all of them in one way or another is a great goal, because wellness relates directly to the quality of a person's life.

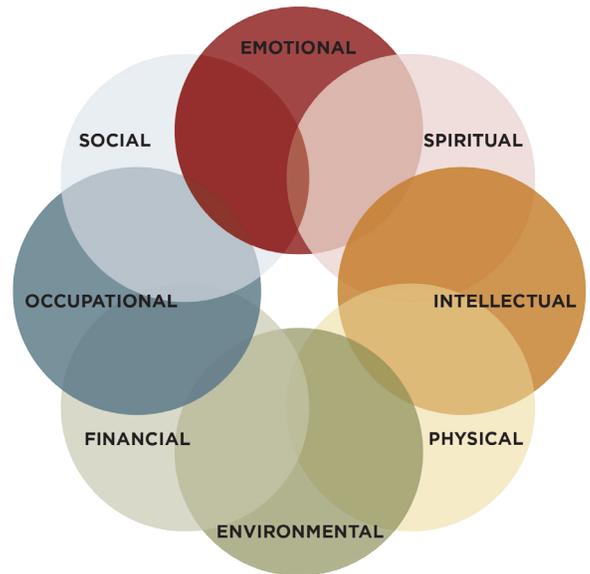
This guide offers a broad approach for things we can do—at our own pace, in our own time, and within our own abilities—that can help us feel better and live longer.



WHAT IS WELLNESS?

Wellness is a broad concept. In this guide, we attempt to provide a broad, yet specific sense of what it means. We invite you to think of wellness as meaning being healthy in many dimensions of our lives. That includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual parts. These dimensions are interconnected, one dimension building on another.

We also recognize that we live in a multicultural world, and wellness encompasses areas that may not be specified in this brief discussion. We believe, for example, that trauma is a universal human experience, and that our culture and spiritual beliefs impact our perceptions and everything we do. In summary, wellness is about how we live our lives and the joy and fulfillment and health we experience.



EIGHT DIMENSIONS OF WELLNESS*

When we worry about money (for example, debt or being able to afford what we need), we sometimes experience anxiety (emotional). This can lead to medical problems (physical), and trouble at work (occupational). When this happens, we may even question our own sense of meaning and purpose (spiritual).

At the same time, when we are not working (occupational), we may lose opportunities to interact with others (social), and may not be able to afford the good food and medical care we need to stay well (physical). We may even need to move our home to a place that feels less safe and secure (environmental).

*Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.



CREATING BALANCE

Creating balance in our lives is an important part of wellness. Overall, a balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled. This includes working (paid or unpaid), having fun, spending time with family and friends, participating in the community, being physically active—including sexually—praying, and relaxing and sleeping.

Because we each have individual needs, preferences, and capabilities, what we consider “balance” will also look different. And it’s important for us to re-balance from time to time, to adjust to what is going on in our lives.

When we’re trying to get through a tough time—whether it is stress, an illness, trauma, or an emotional challenge—balance is especially important. In these times, our habits and routines can help us get that feeling of control back. This means focusing on ourselves as well as the roles we play in the lives of others—like being students, friends, parents, spouses, coworkers, congregants, hobbyists, community members, and citizens.

Our roles and relationships help define who we are, what gives us a sense of purpose, and how our lives are interdependent on other people, animals, and the environment.

Being engaged in life and relationships provides a measure of balance and overall wellness. For example, swimming has physical benefits (building strength, improving circulation), as well as social (meeting other people) and emotional benefits (relieving stress). But we don’t have to swim laps every week to be well; getting into the pool even occasionally is a great step.

Having a safe and clean living environment helps us feel organized and in control. It can be a way to get physical activity in as well, and offers the chance for partners and families to work together.

On the flip side, simply finding time to relax can go a long way toward finding balance in our lives. “Down time” can provide the space we need to think through a situation or work through our feelings, or just let us rest.



EMBRACING SUPPORT FROM OTHERS

Most of us know something that we do that makes us feel good about ourselves, or in balance. It could be as different as taking our dog for a walk, or balancing our checkbook. And any step in that direction, such as finding a new walking route or gathering receipts from a purse, is positive.

However, sometimes we may want advice from family and friends. That's OK, too, and is where support from others comes in.

Talking with someone who has been through similar things—whether it is a mental health issue, addiction, trauma, pain issues, smoking, diabetes, bullying, or abuse—makes us feel less alone. When we realize others have had similar feelings and experiences and have been able to move forward and grow, it can give us the confidence to move forward, too.

With a support group, we can expect:

- Supportive input from people with a range of backgrounds who have experiences similar to ours;
- A chance to support others by our presence, compassion, our ideas, and empathy; and
- People who can suggest services or resources we might not have considered.

We can find supportive people in many places—a community or church/synagogue/mosque/temple group, at work, or through volunteering efforts, to name a few.

VALUING ROUTINES AND HABITS

Having self-defined routines and habits can offer personal balance and satisfaction.

Routine and habit is generally determined by our basic needs (nutrition/food, shelter, social affiliation, safety, etc.), and the various roles we occupy in society. Our habits affect what we eat, what we wear, how we relate to others, how we go to work, how we spend or save money, and more.

Habits become ingrained in us—and are often tough to change. For example, we might put ourselves down or feel we need a particular thing or person to get us through a tough spot. We can learn otherwise.

Life demands, stress, crisis, or trauma can impact or alter our routines and habits. This can lead to emotional (anxiety, depression), social (cranky, isolated, angry), or physical (tired, agitated) imbalances.

Establishing new, better habits that support our wellness goals and values can be challenging, but worth it. Developing healthier routines and habits in our lives can lead to positive feelings (emotional), relationship satisfaction (social), increased energy (physical), inspiration (emotional), and a feeling that we are using our creative talents, skills, and abilities to engage in activities (occupational, intellectual, spiritual).



We may already have regular practices that make us feel better, such as mindfulness exercises, meditation or yoga, or calls to friends. It could even be avoiding the news at night, or spending less time online. You, as the expert on yourself, will know what works and what doesn't in all the dimensions. When you are not sure, you can ask someone and think together about what makes sense and what next steps might work best.

We can also consider:

- Being active in activities that have purpose. If our daily routine lacks meaning, we can feel distressed or powerless.
- Increasing activities that contribute to our wellness. Talking with a friend at the start of the day may help set a good intention or plan for the day.
- Getting a good night's rest. Insomnia can noticeably impact social relationships, physical and emotional reactions, productivity, and our ability to concentrate and accomplish tasks.
- Being aware of the right amount of social interaction. It's important to know our limits.
- Remembering that time zone changes or daylight saving time can impact our mood and our routines; readjusting is normal.
- Using a routine that works for us. Calendars help us remember when or how often we want to get things done, such as get an oil change, clean the refrigerator, celebrate an accomplishment, call a friend or family member, check our financial records, and schedule an annual physical.
- Repeating a behavior until it becomes automatic, such as taking medication. Checklists help us make sure that important tasks are not being forgotten.
- Creating a wellness lifestyle can be challenging, but finding the right information, supports, and resources and tracking our progress can help us get there.



IMPROVING OUR PHYSICAL WELLNESS

A healthy body. Good physical health habits. Nutrition, exercise, and appropriate health care. These make up the physical dimension of wellness. A few ways we can get there might be choosing things that make our body feel good and trimming back the things that bring us down. We can also feel better by creating a routine that balances activity with inactivity, and that is manageable within our obligations and needs. Our body is intelligent, and learning to listen to it more deeply may be very important and empowering.

AREA	THINK ABOUT...	RESOURCES
Nutrition	<ul style="list-style-type: none"> • Do you have access to fresh, healthy food? • Are you in a position to eat at home so you can better track what you are putting into your body? • Are you improving your diet by setting small goals for small changes each day, week, or month? 	<ul style="list-style-type: none"> • Check out local food co-ops if one is in your area for good, affordable food. • Visit USDA's Choose My Plate (http://www.choosemyplate.gov) or Food Pyramid.com (http://www.foodpyramid.com). • Meet with dietitians and nutritionists if you need help, or try programs like Weight Watchers. • Explore self-help support groups and organizations, like TOPS or Overeaters Anonymous.
Physical Activity	<ul style="list-style-type: none"> • Are you getting regular physical activity whenever you can, and making it fun? • Have you been taking "shortcuts" to exercise, like parking further away from the store and taking the stairs instead of the elevator or escalator? • Have you identified your healthy Body Mass Index and begun working toward it, one day at a time? 	<ul style="list-style-type: none"> • Join and visit local gyms, YMCAs, and fitness clubs, or join a neighborhood pool. • Look through fitness and other magazines for exercises you can do at home. • Check out free resources, such as YouTube, to learn how to do yoga or other exercises. • Search for tracking tools like http://www.myfitnesspal.com that will show how far you've come.
Sleep	<ul style="list-style-type: none"> • Are you getting 7 to 8 hours of sleep a night whenever possible? • Are you avoiding exercise within a few hours of bedtime, as well as "screen time"? • Are you avoiding large meals before going to bed? 	<ul style="list-style-type: none"> • Try managing your routine to carve out time to rest and sleep, and cut back on caffeine. • Explore the tips found on Healthy People. gov (http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=38), Mayo Clinic (http://www.mayoclinic.com/health/sleep/HQ01387), and Centers for Disease Control and Prevention (http://www.cdc.gov/sleep).
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Have you tried tools that can help you cut down or quit using tobacco products, alcohol, or other drugs? • Are you reaching out to family or friends instead of using substances when you are going through a tough time? • Are you being mindful of triggers that make you want to use substances and do you have a plan that can help you avoid them? 	<ul style="list-style-type: none"> • Find support groups and 12-step groups, like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), in your community and attend meetings. • Consider engaging in hypnosis, acupuncture, or nicotine replacement therapy to curb the smoking habit (http://health.howstuffworks.com/wellness/smokingcessation/tools-to-help-successfully-quit-smoking.htm).
Medication Safety	<ul style="list-style-type: none"> • Do you wear medical alert jewelry to help others help you? • Are you storing medications properly and reviewing the expiration dates? • Do you carry a list of your medications with you in case of emergency? 	<ul style="list-style-type: none"> • Talk to your doctor, using a process of shared decision-making when you are unsure about a prescription or need guidance. (http://media.samhsa.gov/consumersurvivor/sdm/StartHere.html) • Learn more about potential side effects from Consumer Med Safety.org (http://www.consumermedsafety.org) and Consumer Reports (http://www.consumerreports.org).
Preventive Medicine	<ul style="list-style-type: none"> • Do you visit your doctor, dentist, or other health care provider for routine care and monitoring? • Do you know how to check your blood pressure, waist circumference, and blood sugar to prevent chronic conditions like diabetes? 	<ul style="list-style-type: none"> • Discuss preventive health care with your doctor, dentist, or other health care provider. • Visit your local public health center and use HRSA Find A HelpCenter (http://findahealthcenter.hrsa.gov/) to find the closest location to you. • Consider seeing a holistic health provider or attending community health fairs.

WAYS TO IMPROVE MY
PHYSICAL WELLNESS



WHAT I WILL DO	WHAT I NEED



IMPROVING OUR INTELLECTUAL WELLNESS

The Intellectual Wellness Dimension involves many things that keep our brains active and our intellect expanding. In a broad sense, this dimension can involve looking at different perspectives of an issue and taking them into consideration. Through a number of activities—from learning about current events to organizing game nights in your home or community center—you can broaden your perspective and understand diverse points of view.

AREA	THINK ABOUT...	RESOURCES
Personal Interests	<ul style="list-style-type: none"> • Have you considered teaching a class or leading a workshop based on skills, knowledge, or experience you have? • Do you enjoy reading? Might you be interested in books, magazines, blogs, Facebook, etc.? • What would you like to do or learn? Have you considered creative arts such as drawing, pottery, or photography? How about martial arts or learning about nature or about improving your computer skills? • Have you considered inviting a friend, family member, or coworker to attend a lecture, musical performance, or play? 	<ul style="list-style-type: none"> • Find a community group or organization where you could teach a class or a workshop, or lead a discussion. • Consider becoming a member at the local public library to gain access to books, book readings, and other events. • Explore public events in your community by checking out the events section in the newspaper. • Flip through travel books or go online to find places you might enjoy reading about or visiting. • Sign up for a computer class.
Education	<ul style="list-style-type: none"> • If you are interested in continuing education, are there available classes near you that might lead you to getting a volunteer or paid job or to performing better at a job? • Are you interested in improving your language skills or learning a new language, whether one-on-one, through a group class, or via CDs or online resources? 	<ul style="list-style-type: none"> • Check out local college websites for information on classes they offer to the public. • See what kind of skills training—such as writing, sign language, or blogging— might be available at the public library, local congregations, local colleges, or other community organizations.
Brain Exercise	<ul style="list-style-type: none"> • Have you explored thrift shops, libraries, or bookstores for books or DVDs that interest you? • Are you keeping your mind sharp by playing brain games, mind teasers, or fun memory-enhancing games? • Have you read up on current affairs locally, nationally, and internationally lately? 	<ul style="list-style-type: none"> • Subscribe to your local newspaper or pick up a free edition. Many offer sections on subjects that are local, national, and international. • Play crossword puzzles and other games like Sudoku. • Become familiar with websites like Games for the Brain (http://www.gamesforthebrain.com/).
Conversation	<ul style="list-style-type: none"> • Do you enjoy taking part in discussions, intellectual conversations, debates, or other ways of gaining an enhanced understanding of issues? 	<ul style="list-style-type: none"> • Befriend people who can stimulate your mind, and get into a discussion with them about topics that interest you.



WAYS TO IMPROVE MY
INTELLECTUAL WELLNESS

WHAT I WILL DO	WHAT I NEED



IMPROVING OUR FINANCIAL WELLNESS

There are many definitions of what constitutes being financially well, but overall, the Financial Wellness Dimension involves things such as income, debt, and savings, as well as a person’s understanding of financial processes and resources. A person’s satisfaction with their current financial situation and future prospects also comes into play.

AREA	THINK ABOUT...	RESOURCES
Work	<ul style="list-style-type: none"> • How does the domain of financial wellness impact your life? How it is related to your wellness? • Does your current job allow you to meet your obligations and have resources to do things you enjoy? • Are you working in a field that you are passionate about or do well? Or are you looking at doing something differently, perhaps more personally gratifying? • Are you looking for paid or volunteer work? 	<ul style="list-style-type: none"> • Check out the classified ads— particularly on Sunday. Search them online any day of the week. • Explore sites like Careerbuilder.com or Monster.com, and consider establishing a profile on LinkedIn. • Visit the unemployment office in your state or county to find classes that could train you for a job. • Have your résumé updated so you can promptly submit it when you see an opportunity. • If you receive disability benefits, explore your work options without losing SSI/SSDI benefits until you can support yourself. For a guide to working without affecting your benefits, go to: http://www.socialsecurity.gov/pubs/EN-05-10069.pdf
Checking/ Savings Accounts	<ul style="list-style-type: none"> • Do you balance your checkbook often enough, ensuring that you don’t overextend yourself? • Are your savings in line with your life goals, such as taking a vacation, home ownership, or retirement? • Do you have a weekly or monthly budget so you can plan for expenses such as rent and groceries and have a little left over to enjoy? 	<ul style="list-style-type: none"> • Ask the bank about the types of accounts available— such as checking and savings accounts—so you are using them to your advantage and gaining interest where available. • Find out if the bank offers tools you can use to keep track of your money. • If you’re receiving disability benefits, there’s a limit on how much you can save without affecting your benefits. Read more about allowable savings at: http://www.ehow.com/info_8247348_can-receive-ssi-social-security.html
Debt	<ul style="list-style-type: none"> • Would it be helpful to figure out your total debt and make a plan to pay it down in a manageable way? • Have you thought about getting help from a person who specializes in money management or personal finances? 	<ul style="list-style-type: none"> • Look in your classifieds or search online for organizations that can help you pay down debt. • Make sure you use a company that is credible. • Consider asking your bank to help you with financial planning and other areas where you may want assistance.
Retirement/ Other Accounts	<ul style="list-style-type: none"> • Have you opened a savings account or another kind of account that works for you? • However, if you’re receiving disability benefits, there’s a limit on how much you can save without affecting your benefits. SSI requires that your resources are under \$2,000 for an individual or \$3,000 for a couple. This includes bank accounts, cash, stocks, bonds. However, your home, household furnishings, car, burial plots, and insurance under \$1,500 are not included. 	<ul style="list-style-type: none"> • There are free or low-cost services that can help you plan for the future. The local library can often direct you to affordable financial planning resources. • If you are receiving disability benefits, read more about allowable savings at: http://www.ehow.com/info_8247348_can-receive-ssi-social-security.html • The Social Security Administration (SSA) has a toll-free number that can answer your questions Monday through Friday: 1-800-772-1213



WAYS TO IMPROVE MY
FINANCIAL WELLNESS

WHAT I WILL DO	WHAT I NEED



IMPROVING OUR ENVIRONMENTAL WELLNESS

The Environmental Wellness Dimension involves being able to be safe and feel safe. This can include:

- Accessing clean air, food, and water;
- Preserving the areas where we live, learn, and work;
- Occupying pleasant, stimulating environments that support our well-being; and
- Promoting learning, contemplation, and relaxation in natural places and spaces.

AREA	THINK ABOUT...	RESOURCES
Green Living	<ul style="list-style-type: none"> • Are you recycling whenever possible, and buying recycled products? • Do you limit the power and water you use at home? • Are you taking public transportation? • Do you check your car's emissions every year, even if not required by law? 	<ul style="list-style-type: none"> • Get recycling bins for your home—they may be free from your town. • Look for cleanup volunteer efforts, such as collecting trash from roadways or parks. • Explore the “green” aisles at home improvement stores; they often have energy-efficient light bulbs and other products
Change of Scenery	<ul style="list-style-type: none"> • Are you spending as much time outdoors as possible? • Have you visited a public park to either play a sport like tennis or basketball or just take a walk? 	<ul style="list-style-type: none"> • Figure out what outdoor activities make you feel good, and then find a few options that make it easy to do that. • During work hours, take a break to walk around the block or buy bottled water from a nearby store.
Home and Work Environment	<ul style="list-style-type: none"> • Are you going through mail and other paperwork frequently to get rid of clutter? • Do you organize your work space from time to time and add things that make you happy? • Is your living space filled with styles and textures you enjoy? 	<ul style="list-style-type: none"> • Make a schedule to clean up your home or living space. It could be by room or activity (bathrooms on Sunday, dusting and sweeping every Wednesday, etc.). • Look in magazines or online and find styles you like best so that you're comfortable in your living space

WAYS TO IMPROVE MY
ENVIRONMENTAL WELLNESS



WHAT I WILL DO	WHAT I NEED



IMPROVING OUR SPIRITUAL WELLNESS

The Spiritual Wellness Dimension is a broad concept that represents one’s personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes:

- Recognizing our search for meaning and purpose in human existence; and
- Developing an appreciation for life and the natural forces that exist in the universe.

AREA	THINK ABOUT...	RESOURCES
Beliefs	<ul style="list-style-type: none"> • Are you taking the time to determine what values, principles, and beliefs are important to you? Have you considered talking about them with others? • Have you learned about other religions and beliefs, and are you respectful of them? • Are you using your spirituality to drive your actions and thoughts and give a better meaning to life? 	<ul style="list-style-type: none"> • Read about other types of beliefs to help you become more understanding, accepting, and open-minded. • Keep your beliefs in your thoughts to use them in your everyday life. • Share your beliefs, values, and principles with others, as appropriate, as a means of deepening relationships and expanding your world view.
Involvement	<ul style="list-style-type: none"> • Have you looked for a group in your community that deepens your spiritual practice and helps you connect with others who share your beliefs? • Are you being social with the people in your organization? • Do you reach out and help others when they are in need? 	<ul style="list-style-type: none"> • Learn about different organizations or groups in your community and decide which ones are the best fit for you. • Find out about the many groups offered within your organization and get involved.
Time	<ul style="list-style-type: none"> • Do you take the time each day to meditate or reflect on your spirituality? • Are you open to exploring different belief systems? • Are you receptive to your own spirituality even in times of pain and grief? This is when we find how our spirituality can help us most. • Do you take the time to appreciate the beauty of nature when possible? 	<ul style="list-style-type: none"> • As often as possible, find a peaceful location to reflect and meditate. • Learn other religions through books or conversation.

WAYS TO IMPROVE MY
SPIRITUAL WELLNESS



WHAT I WILL DO	WHAT I NEED



IMPROVING OUR SOCIAL WELLNESS

The Social Wellness Dimension involves having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

AREA	THINK ABOUT...	RESOURCES
Community	<ul style="list-style-type: none"> • Have you found support groups in your area to connect on important issues? • Have you made a date with friends for a movie, dinner, coffee, or other social activities? • Are you keeping in touch with family or friends? You can pick up the phone and catch up if they are too far away—even a phone call can lift your spirits. 	<ul style="list-style-type: none"> • Ask your doctor, a friend or family member, someone from your congregation, or others in your community about support groups. • Look online or in the local paper for groups that share your interests—whether it's knitting or playing softball. • Pick up the phone and connect with others.
New People	<ul style="list-style-type: none"> • Are you getting out and meeting people with your same interests? If you like art, try a gallery; if you enjoy history, visit historic sites. • Are you open to meeting people from different backgrounds? • Have you found a place to volunteer? You never know who you might meet. 	<ul style="list-style-type: none"> • Look in the newspaper to find out what is happening in your area that could be an opportunity to make friends. • Keep an open mind and exercise your curious inquiry when meeting new people. • Ask in your spiritual community or any other community about volunteer opportunities. • Join meet-up groups online.
Social Time	<ul style="list-style-type: none"> • Do you set aside quality time to spend with family and friends? • Are you making time to go to places where you can meet new people, or visiting a new location? 	<ul style="list-style-type: none"> • Keep track of when you need to catch up with someone or when a friend or family member is due for a visit. • Organize a calendar of events that would be good ways to connect, or reconnect, to friends, like a public concert or a class reunion.

WAYS TO IMPROVE MY
SOCIAL WELLNESS



WHAT I WILL DO	WHAT I NEED



IMPROVING OUR OCCUPATIONAL WELLNESS

The Occupational Wellness Dimension involves participating in activities that provide meaning and purpose and reflect personal values, interests, and beliefs, including employment.

AREA	THINK ABOUT...	RESOURCES
Work Relationships	<ul style="list-style-type: none"> • Are you involved in a career or volunteer work that fits your values? If retired, are you planning to do something every day? • Do you have an open line of communication with your employer/ coworkers? • Does your work offer personal satisfaction and stimulation, and allow you to contribute your talents, gifts, and knowledge? 	<ul style="list-style-type: none"> • Think about where you are in your career and life and pursue jobs that will work well within that framework. • Explore all of your career options but review jobs on Careerbuilder.com or Monster.com. • If you receive disability benefits, explore your work options without losing SSI/SSDI benefits until you can support yourself. To calculate the amount you can earn, go to: http://www.socialsecurity.gov/pubs/EN-05-10069.pdf • Talk to your employer/ coworkers about how they like to communicate so everyone can be responsive to individual needs and work styles. • When something is not working at work, let people know what would help.
Balance	<ul style="list-style-type: none"> • Do you schedule time for leisure? Are you spending time with friends, taking nature walks, scheduling massages, or doing whatever it takes to relax? • Are you thinking about how you spend time each day and considering volunteer work in the community? 	<ul style="list-style-type: none"> • Research careers/employment that involve the activities you enjoy most yet provide the flexibility for a balanced life. • Keep a calendar. Be sure to look it over and schedule time for activities that you enjoy. • Use tracking tools to balance your workload. Ask for help if your workload becomes overwhelming.
Accomplishment	<ul style="list-style-type: none"> • Are you in a career that you look forward to and that gives you a sense of accomplishment and pride? • Are you patting yourself on the back for your accomplishments? 	<ul style="list-style-type: none"> • Take the time to think of what you enjoy most, and research careers/ employment in that area.

WAYS TO IMPROVE MY
OCCUPATIONAL WELLNESS



WHAT I WILL DO	WHAT I NEED



IMPROVING OUR EMOTIONAL WELLNESS

The Emotional Wellness Dimension involves the ability to express feelings, adjust to emotional challenges, cope with life’s stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at, and living and working on our own but letting others help us from time to time.

AREA	THINK ABOUT...	RESOURCES
Feelings/ Emotions	<ul style="list-style-type: none"> • Do you allow yourself to be open to and acknowledge your feelings without judgment? • Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts? • Do you see challenges as opportunities for growth? • Do you recognize your limitations and learn from your mistakes? • Are you taking responsibility for your actions? 	<ul style="list-style-type: none"> • Reflect each day on your emotions, what can they teach you, and how you can express them. • Consider using a journal to record feelings and thoughts. • Develop regular habits that help you process and deal with your feelings effectively so you move forward in fulfilling your emotional needs. • Find a place where you feel the most comfortable and go there when you feel a need for comfort, quiet space, or safety.
Self-Care	<ul style="list-style-type: none"> • Have you joined support groups, or thought about starting one? • Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need? • Have you tried yoga, breathing, or meditation to remain calm and centered? • Are you maintaining a daily routine? • Do you leave yourself plenty of time to get to work and other obligations? • Are you eating some meals without distractions, like checking your phone or watching TV? 	<ul style="list-style-type: none"> • Discover what you like to do best, and do it often. It will help keep your spirits and emotions up. • Find an outlet for physical activity, such as a sports league or a gym/fitness center. • Take some time to yourself regularly. • Identify resources that can help you with a sleep schedule or ideas for meal planning. • Practice positive self-affirmations. Develop a positive statement to repeat to yourself daily. When you change your thoughts, you can change your mood and attitude.
Stress	<ul style="list-style-type: none"> • Are you learning to manage stress in ways that work for your lifestyle? • Do you recognize stress triggers and appreciate that you are not your feelings? Feelings are fleeting and will pass. • Do you welcome and cultivate positive, empowering thoughts and emotions? 	<ul style="list-style-type: none"> • Take a step back when in a stressful situation. • Practice deep breathing or other relaxation techniques. • Try out different coping exercises or strategies when not in a stressful situation. When challenges arise, you will be better prepared to deal with them. • Practice finding positives (a silver lining) in something that you feel is negative. Support others in doing this, as well.



WAYS TO IMPROVE MY
EMOTIONAL WELLNESS

WHAT I WILL DO	WHAT I NEED

Learn more about the Eight Dimensions of Wellness.
VISIT WWW.SAMHSA.GOV/WELLNESS-INITIATIVE