



Building Your Wellness Toolbox

What is Wellness?

John Travis, M.D., the pioneer of wellness, defines it as:

“Wellness is a choice – a decision you make to move towards optimal health.”





Wellness is a way of life – a lifestyle you design to achieve your highest potential for wellbeing.

Wellness is a process – a developing awareness that there is no end point, but that health and happiness are possible in each moment, here and now.

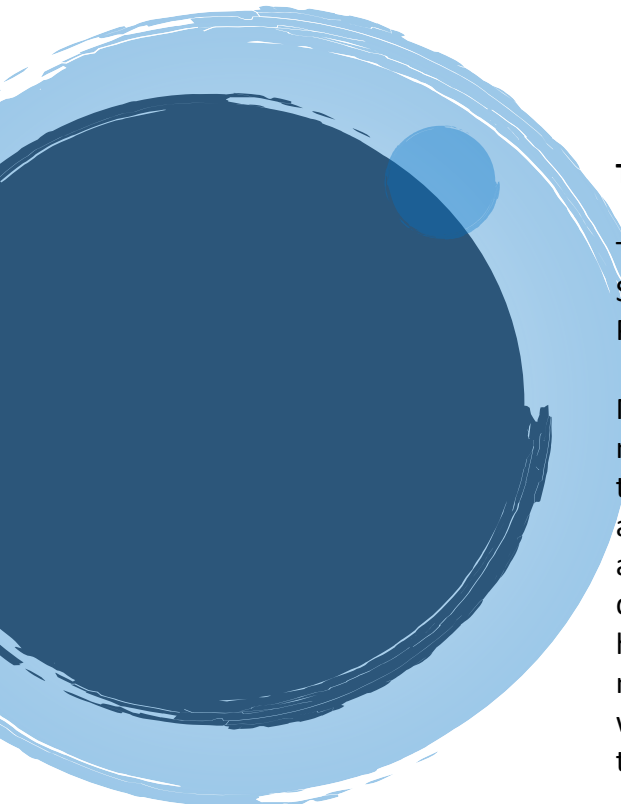
Wellness is a balanced channeling of energy – energy received from the environment, transformed within you, and returned to affect the world around you.

Wellness is the integration of body, mind, and spirit – the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health and the health of the world.

Wellness is the loving acceptance of yourself.”

-  Date Started:
-  Quarterly check-in:
-  Quarterly check-in:
-  Quarterly check in:





The 8 Dimensions of Wellness

The 8 dimensions are the 8 primary parts of our lives: Spirituality, Emotional, Social, Intellectual, Environmental, Physical, Occupational, Financial.

Meeting each dimension intentionally helps you regain and maintain balance, safety and happiness. Following the above tenants of wellness, you realize there is so much you can affect and that is how you achieve wellness. That is how you may achieve a 10, even if you have a lifelong illness. I once watched a quadriplegic walk across a stage. She was living in her optimal health. I once knew a guy that had lost one and a half legs in a motorcycle accident who hiked in the mountains every day. He was living in his optimal wellness. And I think we can all agree that Helen Keller was too.

Drawers

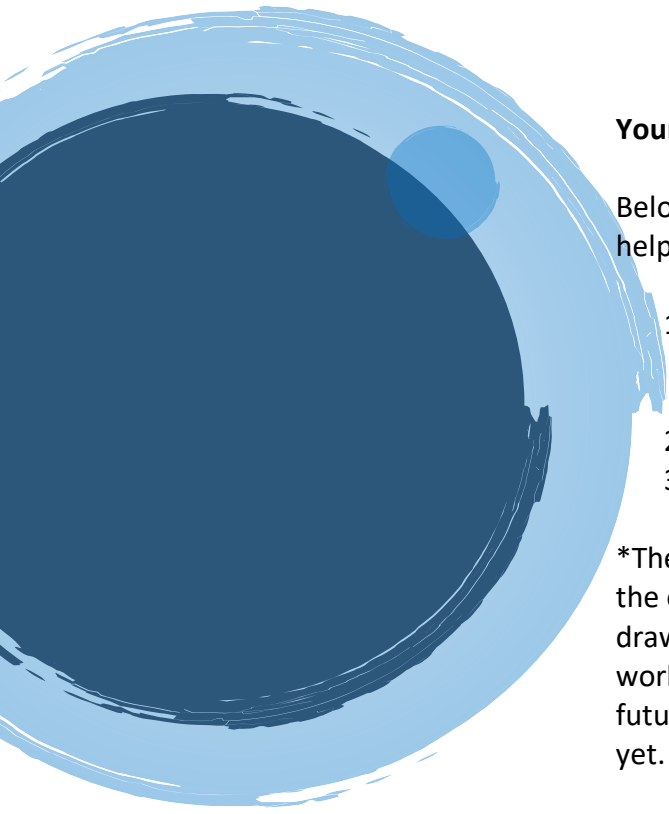
Thinking of each dimension in your toolbox as a drawer will help you make sense of the list of tools you're going to create. You don't want it to look like the kitchen junk drawer. Organization is super important because your toolbox needs to be a quick reference for when your thinking brain has left the building.

Don't worry about having something for each dimension/drawer. Just add what comes to you. Do all those things for 3 months, then reassess.

Also, some items will apply to more than one. For example, if going to church is a tool for you, you could list it under Spiritual and Social; joining a spin class could be Physical and Social.

You will continue to add to various drawers over time. Even if you can only think of something for 5 drawers, as you reassess quarterly, all your drawers will flesh out over time.





Your Toolbox

Below is your shiny new red toolbox. Each drawer has 3 tools to help you get started.

1. Review the tools I've added for you. Keep what interests you, scrap what doesn't and anything you're unsure about goes in Misc.
2. Add any tools you can think of to each drawer.
3. Experiment with each for 3 months, then reassess.

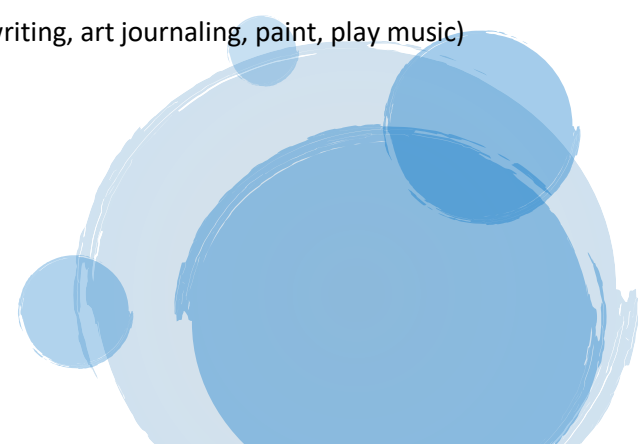
*The Miscellaneous Drawer – this is not for items that don't fit in the other drawers because every item can fit into one or more drawer. Misc. is a holding drawer for things that might not be working for you right now but you'd like to keep in mind for future reference, or things you'd like to try but you're not there yet.

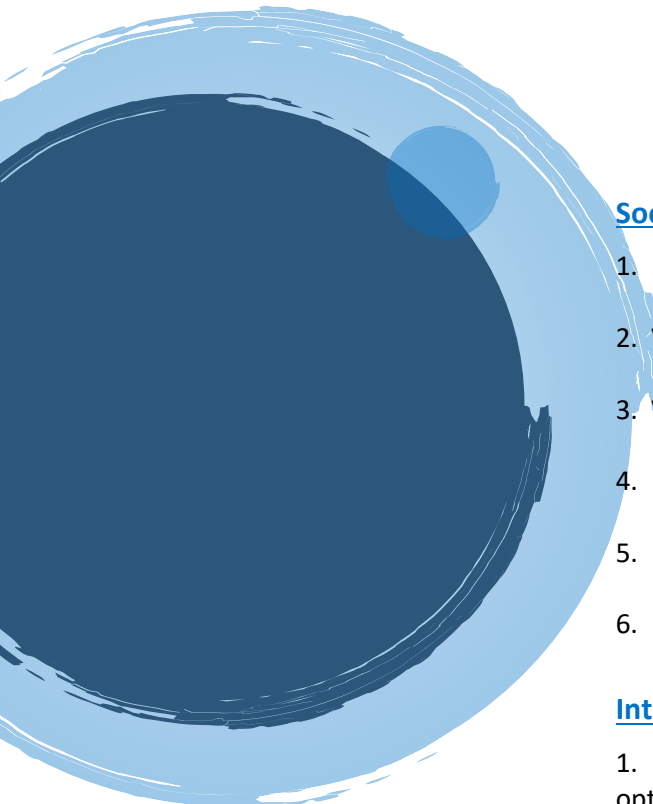
Spiritual

1. Meditation
2. Reading affirmations
3. Time in nature
- 4.
- 5.
- 6.

Emotional

1. Set a timer 3 times a day to simply identify and feel what you're feeling, no judgement
2. Talk to someone (might double for Social)
3. Engage in creative activity (writing, art journaling, paint, play music)
- 4.
- 5.
- 6.





Social

1. Identify a friend/person to call when upset
2. Volunteer
3. Visit a place of worship (could double for Spiritual)
- 4.
- 5.
- 6.

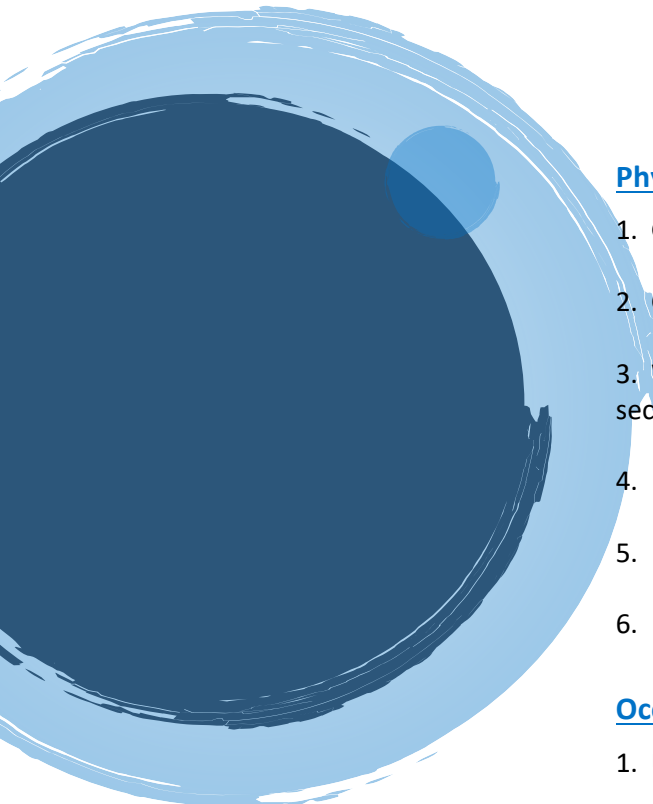
Intellectual

1. Educate yourself about your diagnosis/symptoms/treatment options
2. Learn a new language
3. Read an informative magazine (Smithsonian, National Geographic, The New Yorker)
- 4.
- 5.
- 6.

Environmental

1. Play relaxing music
2. Buy/grow plants
3. Look at something pleasing (the glow of a lamp, the clouds, a favorite wall hanging, a feather you saved)
- 4.
- 5.
- 6.





Physical

1. Get enough/better quality sleep
2. Get in shape
3. Wear something that feels good (boosts confidence, feels cozy and secure, etc.)
- 4.
- 5.
- 6.

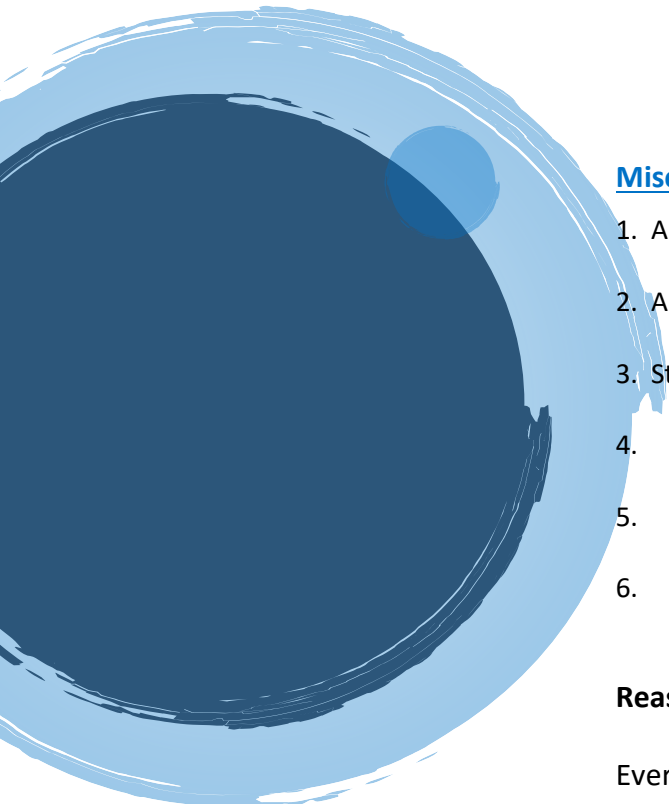
Occupational

1. Update resume
2. Identify client needs and how you can help meet them
3. Volunteer (could double for Social)
- 4.
- 5.
- 6.

Financial

1. Use money for healthy things
2. Set specific financial goals and a savings plan to meet them
3. Charitable donations
- 4.
- 5.
- 6.





Miscellaneous

1. Acupuncture
2. A new modality you just heard about
3. Start eating clean (no processed foods)
- 4.
- 5.
- 6.

Reassess

Every 3 months set aside time to look over your toolbox to be sure it's all still serving you. This part is serious – put it on your calendar. Here's are some questions to ask yourself about each tool.

Is it healthy?

Does it still feel good?

Does it still work for me?

Did I forget about it and would like to try it again?

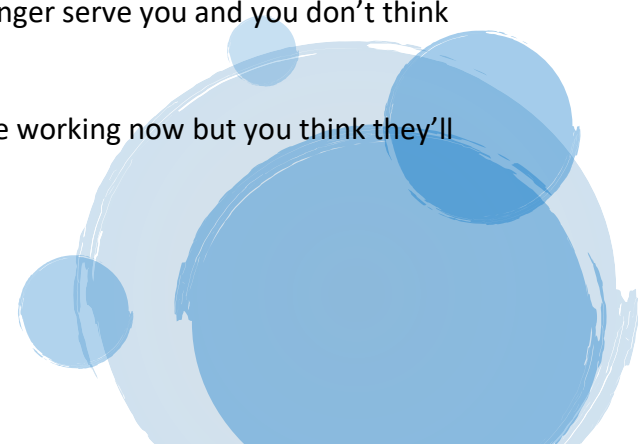
What new things can I experiment with?

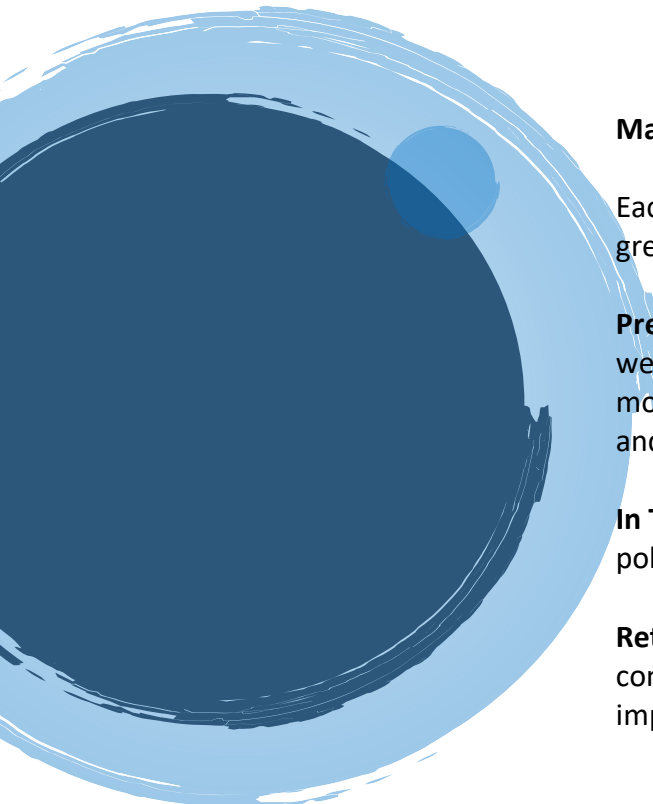
The decision you make about each tool will land you in one of three piles:

Keep – All items that still serve you and items you forgot about but would still like to do.

Discard – All items that no longer serve you and you don't think ever will.

Misc. – Items that may not be working now but you think they'll be relevant later.





Making the Most of Your Toolbox

Each tool can help in one of three ways. Some tools might be great at all three!

Preventative - Practice as many of these as you can daily and/or weekly. Of course it's impossible to do them all daily but the more you do any given one, the more resiliency you are building and the more healing you are accomplishing.

In The Moment – Just like the toolbox in your garage, you can poke around and find the right tool for the job at the time.

Retroactively – Life happens and sometimes, it can seem to come at you from all directions at once. Self-care after the fact is imperative to regain your balance.

That's it!

You now have a quick reference cheat-sheet for when you just can't think straight and don't know how to help yourself feel better. This is your personally curated self-care system.

Welcome to your Wellness Toolbox!

