

Module: Understanding Wellness

This module covers the fundamental concepts of wellness using the wellness wheel, including exploring each dimension, understanding balance between them, and reflecting on personal well-being.

About CanWork BC

CanWork BC aims to make it easier for youth with disabilities ages to 15 to 30 years old to find and keep employment. There are a series of tools and resources for youth, employers, service providers, educators, and caregivers.

CanAssist at the University of Victoria, with the support of the BC Ministry of Social Development and Poverty Reduction, wrote the Provincial Employment Strategy for Youth with Disabilities (ESYD). This strategy informed the tools and resources.

The Youth Tool

The CanWork BC youth tool is available as an interactive online platform at portal.canworkbc.ca and through PDF workbooks such as this one. There are five dimensions of content available.

For the full PDF workbook content and accompanying facilitator guides, as well as other CanWork BC tools and resources, go to canworkbc.ca.

Additional Resources

Throughout this workbook, we'll be discussing wellness supports, however, if you're feeling significantly down, overwhelmed, or in need of immediate support, please remember to reach out for help.

Available resources include:

- **Kids Help Phone:** The leading phone and online professional counselling service for young people in Canada – not just for kids. It's free, anonymous, and confidential.
 - Call for immediate support: 1-800-668-6868
 - Chat online: kidshelpphone.ca
- **Crisis Support:** Immediate support for people feeling suicidal or concerned about someone who might be suicidal.
 - Call: 1-800-784-2433.
 - Text or call: 9-8-8.
 - Visit: suicideprevention.ca/need-help/
 - For maps of crisis support in your area visit: crisislines.bc.ca/mapcrisis-lines
- **Mental Health Resources:** Find additional mental health resources and support through these organizations.
 - helpstartshere.gov.bc.ca/wellbeing/healthy-living/mindfulness
 - healthlinkbc.ca/mental-health-substance-use/mental-health/mental-health-supports-and-resources
 - Canadian Mental Health Association - cmha.ca/
 - Mental Health Commission of Canada - mentalhealthcommission.ca/

Introduction

This module has three sections to help you build your understanding of wellness. You'll explore:

- Understanding wellness and the different areas that make it up.
- Recognizing which parts are most important to you and how to find balance.
- Building skills to check in with your wellness and create a personalized wellness plan.

Each section will take around 15-30 minutes to complete, and you're welcome to take breaks in between.

Each section has activities that connect wellness to your own life to make sure this is useful for you. Be prepared to think about and record your answers in whatever way works best. That could be writing your answers in this workbook or using a different format that works for you like voice recording or typing in a notes app.

At the end of the module, you'll have the chance to put what you've learned into practice with reflection questions. Let's get started!

Section 1: Defining Wellness

Wellness is about more than physical or mental health alone. It's about balancing all aspects of your well-being, including emotional, social, and financial health, and more. Understanding the entirety of wellness will help you make intentional choices that support a healthy and fulfilling life, both in and outside of the workplace.

In this section we'll cover:

- Understanding what wellness is.
- Applying your understanding of wellness to explore what wellness looks like for you.

By the end of this section, you will have a better understanding of what wellness means to you.

Engage and Explore

Understanding Wellness

Let's start by looking at **wellness** and **well-being**.

- When we talk about **wellness**, we mean the ongoing actions and choices you make to care for yourself. It's all about the daily decisions and habits that support your overall health. Wellness reflects how balanced and fulfilled you feel across all aspects of your life.

- When we talk about **well-being**, we mean the overall state of how you're doing and feeling. While wellness is about the actions you take, well-being is the result, it's how you feel, how satisfied you are with life, and how well you function day to day.

Think of it like this:

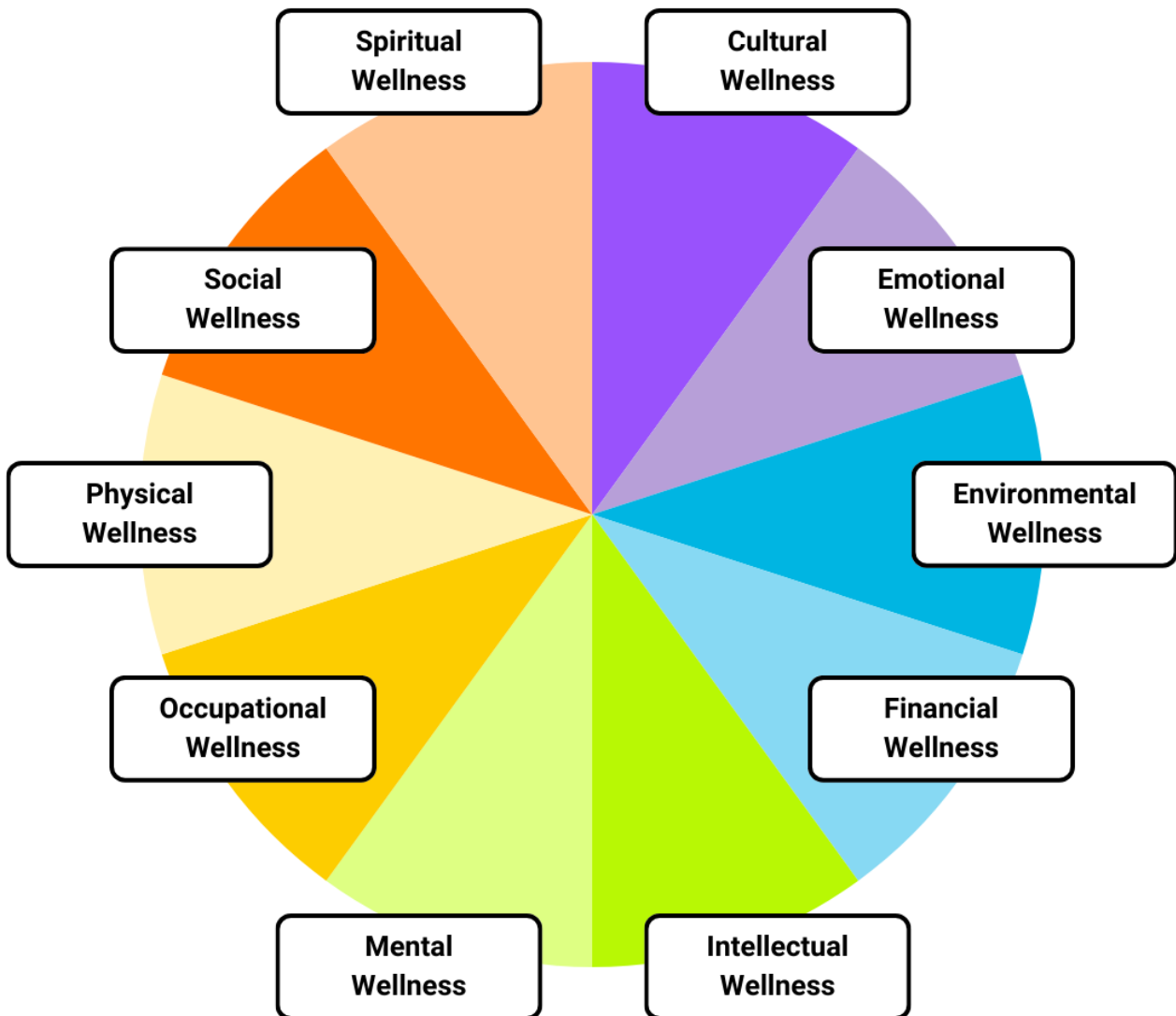
- **Wellness** = What you *do* (actions, choices, practices to support your health).
- **Well-being** = How you *are* (your overall quality of life and satisfaction).

This sounds great, but you might be thinking “all aspects of your life” feels a bit daunting! So, let's break it down.

Think of wellness like a puzzle. Just like a puzzle has different pieces that come together to form a unique whole, wellness has different parts that fit together to make a unique whole for each person.

The Wellness Wheel

The wellness wheel is a tool that helps us explore these different parts and how they fit together to understand wellness better. Explore the wellness wheel below to get a better understanding of wellness. Read about each part to learn more.



This Wellness Wheel is largely based on the Canadian Mental Health Associations Wellness Wheel and the six dimensions of wellness identified by Dr. Bill Hettler. 1976. National Wellness Institute.

- **Cultural wellness**

This part of wellness is about feeling connected to your culture to foster belonging and cultural understanding. It also includes learning about and appreciating other cultures.

- *Example action: Prepare a traditional meal from your culture.*

- **Emotional wellness**

This part of wellness is about understanding and managing your emotions to handle stress, build resilience, and keep a positive outlook.

- *Example action: Write a journal entry to process how you are feeling.*

- **Environmental wellness**

This part of wellness is about your connection to your surroundings. This can include the immediate spaces around you, like your home, workplace, or school, as well as your broader surroundings, like the land you live on, and its connection to the global environment. It's about recognizing how these environments impact your well-being and finding ways to contribute to healthy and sustainable surroundings.

- *Example action: Keep a clean and tidy room or reduce your waste by reusing items and minimizing single-use plastics.*

- **Financial wellness**

This part of wellness is about understanding and managing your finances. It includes budgeting, saving, and investing for the future.

- *Example action: Build an emergency fund to cover unexpected expenses.*

- **Intellectual wellness**

This part of wellness is about learning, growing, and seeking knowledge.

- *Example action: Read books, news stories, or articles to broaden your knowledge.*

- **Mental wellness**

This part of wellness is about looking after your mind to think clearly, make good decisions, and remember things. It includes accessing proper care for mental health conditions.

- *Example action: Use positive affirmations to boost your self-esteem.*

- **Occupational wellness**

This part of wellness is about enjoying your work, growing in your career, and maintaining a healthy work-life balance.

- *Example action: Establish clear boundaries between your work and personal life by defining and sticking to specific working hours.*

- **Physical wellness**

This part of wellness is about looking after your body by exercising, eating well, sleeping well, and accessing proper care for illnesses or injuries.

- *Example action: Ensure that you eat a well-balanced diet.*

- **Social wellness**

This part of wellness is about building and maintaining healthy relationships, participating in social activities, and having people who support you.

- *Example action: Spend quality time with a close friend.*

- **Spiritual wellness**

This part of wellness is about finding meaning, exploring your values and beliefs, and connecting with something bigger than yourself.

- *Example action: Engage in a meditation or mindfulness practice to connect with yourself and the world around you.*

Great work exploring what wellness means. Keep going to explore how each of these pieces fit together and apply to your life. This will help you understand what wellness looks like for you. The more you reflect on it, the clearer it will become.

Make it Personal

Defining Your Wellness

As you saw, wellness is made up of many different pieces that come together to form a complete picture. Just like the pieces of a puzzle are all different, each part of wellness can look different for each person.

For example, for some people physical wellness might look like going to the gym five times a week, while for others, it might look more like taking a short walk most days or focusing on getting eight hours of sleep each night. Wellness is very personal, and it's important to recognize that everyone's puzzle pieces fit together differently!

Think about What Each Part Means for You

Look at the areas of wellness below and use the questions to explore how you define that area. Write your answers below or in a notes app or another digital format that works for you. You don't have to define all of the areas of wellness and if there are any you're unsure about, that's okay. You can skip it and move on to the next one.

Remember

Don't worry about what you're doing right now. Instead focus on how wellness would ideally look and feel for you in each area.

Cultural wellness

This part of wellness is about feeling connected to your culture to foster belonging and cultural understanding. It also includes learning about and appreciating other cultures.

What does feeling culturally well look like for you?

- *Example: It means feeling proud of who I am and where I come from. It's also learning about other people's backgrounds.*

How do you feel connected to your culture?

- *Example: Spending time with family, celebrating traditions, and speaking my native language helps me stay connected.*

What does it look like to be curious and open to other cultures?

- *Example: It's about asking questions, listening to people's stories, and trying new foods or activities from other cultures.*

Emotional wellness

This part of wellness is about understanding and managing your emotions to handle stress, build resilience, and keep a positive outlook.

What does feeling emotionally well look like for you?

- *Example: It's when I feel calm, in control of my emotions, and confident in handling whatever comes my way.*

How would you ideally manage your emotions when things get tough?

- *Example: I'd take a step back, breathe, and try to think through things before reacting. I also like talking to someone I trust.*

What actions or habits help you feel connected to your emotions?

- *Example: Writing in a journal and listening to music helps me understand and connect with my feelings.*

Environmental wellness

This part of wellness is about your connection to your surroundings. This can include the immediate spaces around you, like your home, workplace, or school, as well as your broader

surroundings, like the land you live on, and its connection to the global environment. It's about recognizing how these environments impact your well-being and finding ways to contribute to healthy and sustainable surroundings.

What does a healthy environment look like for you?

- *Example: A clean, quiet space with enough light and fresh air, maybe with plants or things that make me feel calm.*

How does your environment impact your well-being?

- *Example: If it's messy or too noisy, I feel stressed and distracted. When it's organized and calm, I can think more clearly.*

What small actions or habits do you use to connect to your surroundings?

- *Example: I tidy up my space regularly, take breaks outside, and try to reduce waste.*

Financial wellness

This part of wellness is about understanding and managing your finances. It includes budgeting, saving, and investing for the future.

What does financial wellness look like for you?

- *Example: It means not stressing about money that often, being able to pay for what I need, and maybe saving a little for the future.*

How do you feel when you're in control of your finances?

- *Example: I feel relieved and confident, knowing I can handle unexpected costs without panicking.*

What actions make you feel confident with your money?

- *Example: Making a budget, checking my savings, and sticking to my spending plan helps me feel in control.*

Intellectual wellness

This part of wellness is about learning, growing, and seeking knowledge.

What does feeling intellectually well look like for you?

- *Example: It's when I feel like I'm curious about learning new things.*

How do you keep learning and growing?

- *Example: I watch short videos or read books about things I'm interested in.*

How do you feel when you explore new skills or knowledge?

- *Example: It feels exciting to discover something I didn't know before.*

Mental wellness

This part of wellness is about looking after your mind to think clearly, make good decisions, and remember things. It includes accessing proper care for mental health conditions.

What does mental wellness look like for you?

- *Example: It's when I feel focused and clear-headed.*

What habits make you feel clear-headed and prepared to make choices throughout your day?

- *Example: Getting enough sleep, staying organized, and taking short breaks.*

What makes you feel unprepared or frazzled throughout your day?

- *Example: When I don't plan my day or have too many things to do at the same time.*

Occupational wellness

This part of wellness is about enjoying your work, growing in your career, and maintaining a healthy work-life balance.

What does wellness look like for you with work or school?

- *Example: It's when I feel like I'm learning and enjoy it, but I also have enough time for myself and my personal life.*

What makes you feel satisfied in the work that you do?

- *Example: Feeling like I'm making progress and knowing my work matters.*

What does work-life balance look like for you?

- *Example: It's when I have time for my job or studies, but I can also relax, hang out with friends, and do things I enjoy.*

Physical wellness

This part of wellness is about looking after your body by exercising, eating well, sleeping enough, and accessing proper care for illnesses or injuries.

What does physical wellness look like for you?

- *Example: It's when I feel energized, healthy, and can do the things I enjoy.*

What is most important for you to feel physically well?

- *Example: Getting enough rest is key for me. I also try to eat enough food throughout the day and stay active.*

What habits or practices make your body feel healthy and energized?

- *Example: Exercising regularly is important for me.*

Social wellness

This part of wellness is about building and maintaining healthy relationships, participating in social activities, and having people who support you.

What does social wellness look like for you?

- *Example: It's when I have strong relationships with people who support me, and I can have fun and be myself.*

How do you feel connected with the people around you?

- *Example: Spending time with friends and talking about the things going on in my life.*

What actions make you feel supported by others?

- *Example: When friends or family check in on me, it makes me feel cared for.*

Spiritual wellness

This part of wellness is about finding meaning, exploring your values and beliefs, and connecting with something bigger than yourself.

What does spiritual wellness look like for you?

- *Example: It's when I feel connected to my values and purpose.*

What makes you feel a sense of purpose or meaning?

- *Example: Helping others and feeling like I'm making a difference.*

What makes you feel connected to your values, purpose, or beliefs?

- *Example: Spending time reflecting on my day and how I acted.*

Nice job exploring what each part of wellness means for you! Keep in mind that some areas of wellness may be more important to you than others, and that's perfectly fine. Wellness is personal and it looks different for everyone.

Section 2: Exploring the Wellness Wheel

Let's keep imagining wellness as a puzzle, where each piece represents a different part of your well-being. Wellness is like a puzzle in the sense that while there are different pieces they all come together to create a full picture. How everyone's wellness fits together looks different, so it's important to find the right balance for you.

In this section, we'll cover:

- Understanding which parts of wellness matter most to you.
- Understanding why balance is important and identifying strategies to create it.

By the end of this section, you'll have a better understanding of your wellness and how to create a plan that works for you.

Engage and Explore

Defining Your Wellness

It's important to understand the things that are important to your well-being so you can focus on your wellness in those areas. For example, if you feel best in a calm environment, working a high-stress, fast-paced job might negatively impact your wellness. Or, if

eating nutritious foods is a priority for you, packing a lunch for work each day can make a big difference in your wellness.

Wellness Priorities

Read the scenarios below and circle which of the following parts of wellness would be most important to you.

Scenario 1: Cultural connections

You've been invited to an event where everyone is bringing a traditional food from their culture or family. You feel a strong connection to your roots at the event, and you're also curious about learning more about other people's cultures and traditions. Which part of wellness would be most important for you in this scenario?

- **Cultural wellness:** Connecting to your culture or heritage and learning about others.
- **Intellectual wellness:** Learning new information about cultures and traditions.
- **Social wellness:** Spending time with people and building connections with others.

Scenario 2: Future finances

You've started working a casual job coaching a sport you love. You're excited about being involved in the sport and you're looking forward to earning some extra money. You decide to

open a savings account for things you want or to save for emergencies that might come up in the future. Which part of wellness would be most important for you in this scenario?

- **Financial wellness:** Managing your money and saving for the future.
- **Occupational wellness:** Doing work you love while earning money.
- **Emotional wellness:** Feeling less stressed about money and happy doing something you love.

Scenario 3: Energize every day

You've been feeling low on energy lately, and your body has felt tired. You decide to try eating healthier and being more active to see if that helps. Which part of wellness would be most important for you in this scenario?

- **Physical wellness:** Taking care of your body through food and exercise.
- **Intellectual wellness:** Learning about new routines and strategies to keep yourself healthy.
- **Mental wellness:** Feeling clear-headed and energized from your new habits.

Scenario 4: Rekindling relationships

You've been feeling disconnected from your friends lately. You've been prioritizing schoolwork, but now you realize how much you miss the support and fun that friends bring. Which part of wellness would be most important for you in this scenario?

- **Social wellness:** Reconnecting with friends or building stronger relationships.
- **Emotional wellness:** Managing how lonely and disconnected you feel.
- **Occupational wellness:** Finding a balance between schoolwork and other parts of life.

Scenario 5: Nurturing nature

You've been feeling stressed and disconnected from everything lately. You decide to spend a day outdoors, surrounded by trees and nature, to recharge and reconnect. You're not sure if it will help, but you're excited about the change of scenery. Which part of wellness would be most important for you in this scenario?

- **Spiritual wellness:** Connecting to the world around you and finding purpose in it.
- **Environmental wellness:** Feeling grounded and connected with nature.
- **Physical wellness:** Getting outside and moving your body.

Great job starting to explore which areas of wellness are most important to you! Recognizing these priorities is a crucial first step in understanding how to take care of your wellness. Take a moment to reflect on what stood out to you, then move to the next part to explore how to find balance between all the different parts we've explored.

Make it Personal

Exploring Balance

In life, we all have multiple roles and priorities that all compete for our time. These could be school, work, relationships, or personal interests. The parts of wellness are no different. Seeing all the different parts can sometimes feel overwhelming, so balance is key for looking after our well-being.

What do we mean by balance?

Balance is about managing your energy and attention across the areas of wellness. Sometimes, it can feel like there's not enough time to take care of everything. You might feel like you're forgetting about certain parts or that some parts are taking over.

Finding balance isn't about doing everything! It's about understanding what's important for you, prioritizing those things, and being intentional with managing your time and energy. It's also not about making everything equal all the time. It's about knowing

when to focus on certain parts and when to give yourself permission to let go of something else.

Identifying Your Wellness Balance

Now that you've explored the wellness wheel's different areas, reflect on how they fit into your life. Use the activity below to identify your wellness priorities and relate them to balance in your life.

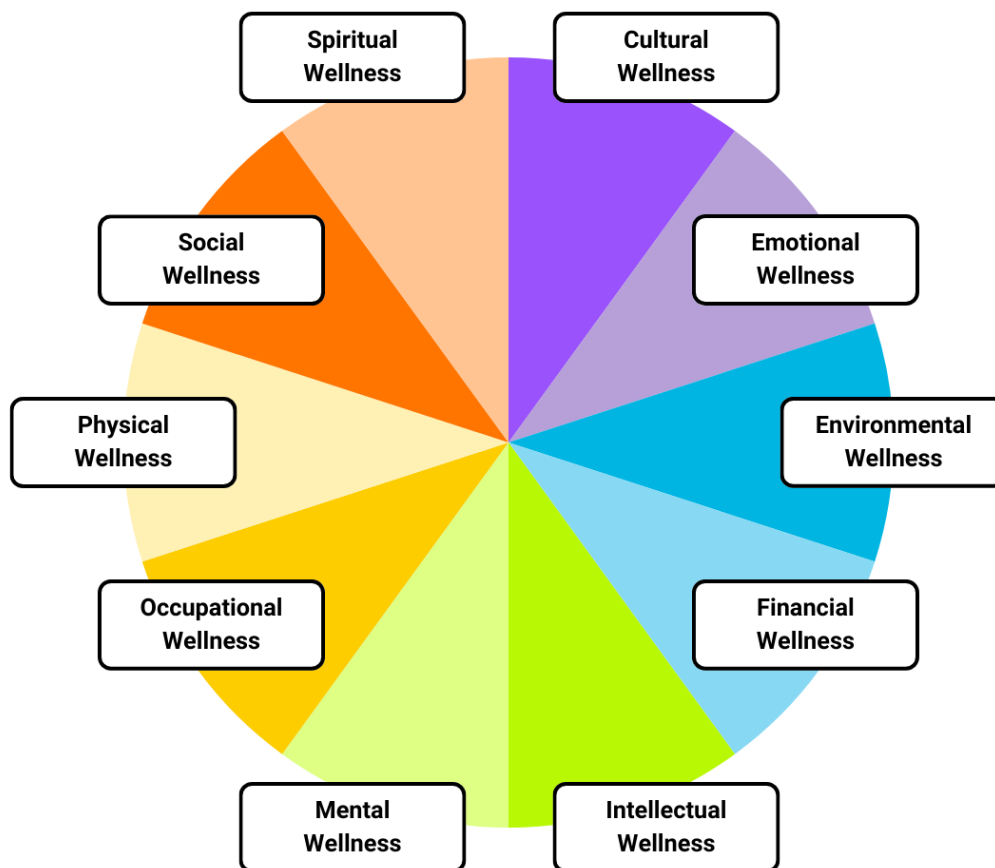
Step 1: Explore Your Priorities

Use the wellness wheel below to identify areas of wellness that are important to you. Write your answers below or in a notes app or another digital format that works for you.

The three parts of wellness that are most important for your well-being.



The three parts of wellness that are least important for your well-being.



This Wellness Wheel is largely based on the Canadian Mental Health Associations Wellness Wheel and the six dimensions of wellness identified by Dr. Bill Hettler. 1976. National Wellness Institute.

Cultural wellness

- *Example: You feel most well when you explore and appreciate your culture.*
- *Example: You feel most well when you explore other cultures, their traditions, and their contributions to society.*

Emotional wellness

- *Example: You feel most well when you understand your emotions.*
- *Example: You feel most well when you can express your feelings openly.*

Environmental wellness

- *Example: You feel most well when you have a comfortable environment at home.*
- *Example: You feel most well when you connect with nature.*

Financial wellness

- *Example: You feel most well when you stick to a budget and don't overspend.*
- *Example: You feel most well when you have savings for emergencies.*

Intellectual wellness

- *Example: You feel most well when you learn something new.*
- *Example: You feel most well when challenging yourself to see different views on an issue.*

Mental wellness

- *Example: You feel most well when you practice self-care, like repeating positive affirmations.*
- *Example: You feel most well when you reflect on what you learned from past challenges.*

Occupational wellness

- *Example: You feel most well when work gives you a sense of satisfaction and purpose.*
- *Example: You feel most well when you balance your work and personal life.*

Physical wellness

- *Example: You feel most well when you exercise.*
- *Example: You feel most well when you eat a balanced diet.*

Social wellness

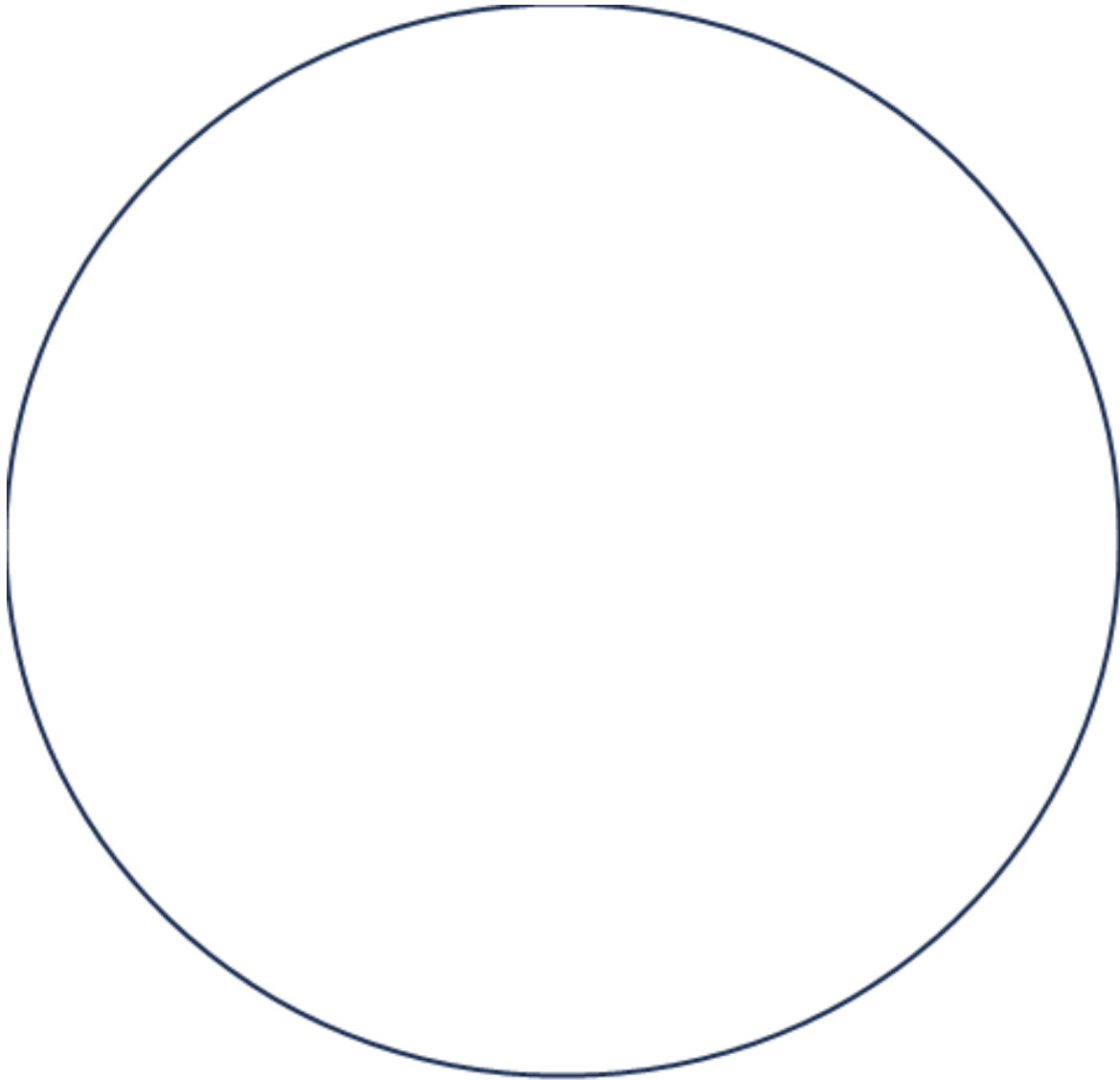
- *Example: You feel most well when you engage in social activities.*
- *Example: You feel most well when you have a sense of belonging and connection with others.*

Spiritual wellness

- *Example: You feel most well when you feel a sense of purpose.*
- *Example: You feel most well when you use your values and beliefs to guide your actions.*

Step 2: Think about Your Balance

Draw each part of wellness on the blank wheel below to make your own wellness wheel.



Adjust the size of each part of your wellness to reflect how important it is to you. If a part is very important, draw the section bigger. If it's not as important draw it smaller.

Example: If spending time doing sports is important for you to feel well, you might draw the physical wellness part bigger. If spending time with friends isn't as important for you to feel well, you might draw the social wellness section smaller.

Step 3: Think on It

- Look at the wellness wheel you drew and reflect on the balance of your wellness areas with these questions. Write your answers below or in a notes app or another digital format that works for you.

Think about the areas you drew larger. What makes the bigger parts more important to you right now?

- *Example: I drew mental wellness bigger because I've been feeling stressed with school and some personal stuff. It's been important to focus on keeping a clear mind to manage my stress.*



Think about the bigger parts. Do you feel like you're spending enough time on the things that make you feel well?

- *Example: I drew environmental wellness bigger. I feel like I've been spending a good amount of time on it. I've been putting things*

away in my room, so my space feels clean. I've also been volunteering with an environmental club to help in my community.



Think about the parts you drew smaller. What makes them less important to you right now?

- *Example: I drew financial wellness smaller. I guess as long as I have enough to cover my essentials, I feel pretty good. It's not something I focus on too much because I feel like my needs are covered right now.*



Are there any changes you could make to give more attention to parts of your wellness wheel that aren't getting enough? Or not give as much attention to parts that are getting too much?

- *Example: I could definitely give more attention to social wellness. I've been so focused on work lately that I've been letting it take over my time, even outside of work. I haven't seen my friends or family much. I should try to make more time for them because it is important to me.*



Great work looking at your wellness priorities and how they all balance with each other! Remember, balance doesn't mean giving each part the same time or energy. It means finding what matters most to you right now and allowing yourself to focus on those areas.

Now that you know the areas that are most important for you, think about some small changes you can make to prioritize these parts. Keep in mind that wellness is an ongoing journey.

Section 3: Identifying a Wellness Foundation

Wellness is an ongoing journey made up of your continuous choices, actions, and efforts to take care of yourself. Every journey is dynamic and so is our wellness. That's why we must actively explore and work to take care of our well-being.

Taking care of our well-being is essential because it helps us feel our best and show up our best for those around us. It also helps us be ready to enjoy life's great moments and navigate the challenges.

This is important for our employment journey too. When we take care of ourselves, we are more likely to feel happy at work and succeed in our job. To be able to take care of our wellness, we need to check in with where we're at.

In this section we'll cover:

- Evaluating how you're currently feeling about your well-being.
- Identifying parts you're feeling good in and where you could focus more attention.

By the end of this section, you'll have a clearer understanding of where you are at with your wellness and where to focus moving forward.

Engage and Explore

Your Unique Wellness

We know that wellness includes many different parts, like physical health, emotions, social connections, and more. And wellness is personal – what it looks like for one person might be different from what it looks like for another. It's important to find what makes you feel good and balanced!

But wellness isn't just different for each person. Wellness can also change over time and look different for you at different points in your life. For example, right now, your social wellness might be very important because you spend a lot of time with friends, and if that area isn't going well, it really affects your overall well-being. But, in a few years from now, you might need to focus more on your occupational wellness if you start spending a lot more of your time at work and are wanting to grow in your career.

Because wellness is always changing, it's important to regularly check in with yourself to see how you're doing. This means asking yourself questions like: "How do I feel overall? Am I spending enough time doing things that make me feel well? Do I need to make any changes to feel better?"

For instance, maybe you've been focusing a lot on work lately, and have been feeling a bit stressed. You haven't been getting enough sleep or eating properly throughout the day and you're not feeling physically well. Checking in with your wellness helps you notice

things like this, so you can make a change, like packing food for the day or creating a plan to get to bed earlier.

Key Points

- Wellness is made up of many different parts.
- What wellness looks like for you can change over time based on life circumstances and priorities.
- It's important to regularly check in with yourself to reflect on your wellness and how you are feeling.

Wellness Check-in

We're going to practice building the skills to check in with your wellness. This is an important part of taking care of yourself!

Remember, this isn't about perfection, it's just about exploring where you're at. It's natural to feel like you have some areas you could work on. But if you are feeling really overwhelmed or down a lot of the time, please seek support. Reach out to someone you trust or get in contact with professional support. There is a list of resources available for you on page four of this workbook.

Let's reflect on the wellness wheel you explored earlier. You've already identified areas that are important to you, and now it's time to think about how you're doing in each area.

Instructions

Step 1. Check-in with the Parts of Your Wellness: Consider how you're feeling in each area of wellness. Use the list of wellness parts to help you label your wheel.

Step 2. Record Your Ratings: On the wellness wheel provided write how you're feeling about that part of wellness on a scale of 1 – 5, (1 = You could feel better – 5 = You feel great). Record your rating in the blank box provided.

Parts of Wellness

- **Cultural wellness**

Think: On a scale of 1-5 how connected do you feel to your culture and other cultures?

- **Emotional wellness**

Think: On a scale of 1-5 how well are you managing your emotions and stress?

- **Environmental wellness**

Think: On a scale of 1-5 how healthy is your environment, and how does it impact you?

- **Financial wellness**

Think: On a scale of 1-5 how comfortable do you feel with your finances?

- **Intellectual wellness**

Think: On a scale of 1-5 how much are you engaging with learning and intellectual growth?

- **Mental wellness**

Think: On a scale of 1-5 how clear-headed and resilient do you feel?

- **Occupational wellness**

Think: On a scale of 1-5 how satisfied are you with your work, school, or other daily activities?

- **Physical wellness**

Think: On a scale of 1-5 how well are you taking care of your body with exercise, nutrition, and rest?

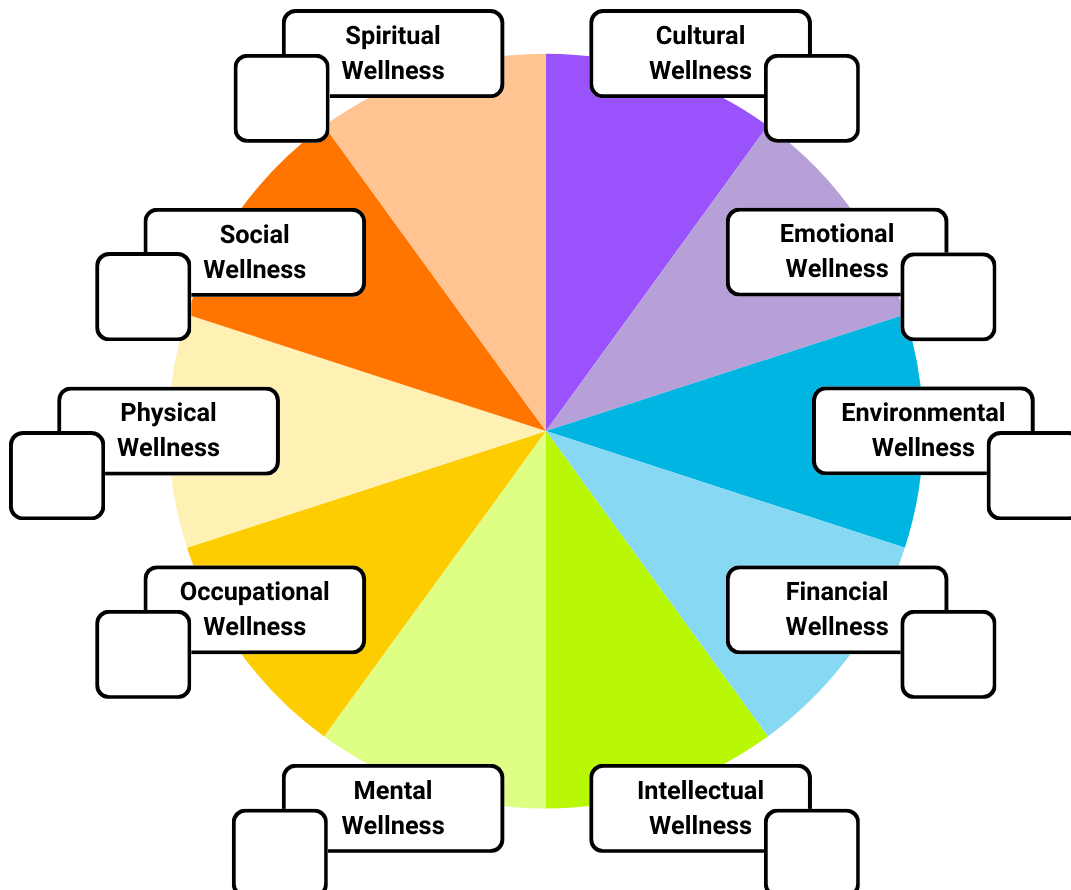
- **Social wellness**

Think: On a scale of 1-5 how strong are your social connections and support systems?

- **Spiritual wellness**

Think: On a scale of 1-5 how connected do you feel to your values or sense of purpose?

Your Wellness Wheel



Make it Personal

Keeping a Growth Mindset

Now that you've looked at each part of your wellness, it's time to reflect on how you can continue to care of areas where you feel good and give more attention to areas that may need growth. One key tool for this personal growth is adopting something called a growth mindset.

A growth mindset is the belief that your abilities and well-being can be developed over time. It's understanding that setbacks or challenges in your wellness journey (or in life) are not failures; they are opportunities for learning and growth. Wellness isn't a fixed state, it's a continuous process that evolves with you.

Each area of wellness that you want to improve will require patience, time, and some self-compassion. It's okay not to have everything figured out right away. Adopting a growth mindset will help you focus on progress instead of perfection and stay motivated throughout your journey!

Remember

The wellness journey is dynamic, which means it changes. What you need today might be different tomorrow. Embrace this ongoing process by being kind to yourself and understanding that growth happens over time.

Continuing Your Wellness Check-in

It's time to apply the insights you've gained about your wellness and your growth mindset. Use the steps below to complete your wellness check-in and apply what you've learned! Write any answers below or in a notes app or another digital format that works for you.

Step: Identify your strengths

Think about the parts of wellness you rated the highest. These are your strengths, and you should be proud of them!

Question: What actions are you already doing that help you feel well in these areas?

- *Example: I've been working on my mental wellness by doing deep breathing exercises every morning. It helps me feel calm and focused before I start my day. I also take breaks when I need them to avoid feeling overwhelmed.*



Question: What habits or tricks do you use to keep doing well in these areas?

- *Example: I use a planner to keep track of my tasks and schedule time for a quick break. When I feel overwhelmed, I use a timer to remind me when it's time to take a break. It helps me stay focused and avoid burning out.*



Step 2: Focus on areas you might want to grow

Think about the parts of wellness where you feel you could improve or where you rated yourself the lowest. Would you like to get better in these areas?

Question: What small change could you make to start improving these areas? (Remember, small changes add up!)

- *Example: I want to start working on my physical wellness more. A small change I can make is to go for a walk for 10 minutes each day.*

Question: How can you make bigger goals easier by breaking them down into smaller steps?

- *Example: If my goal is to get outside and walk for 30 minutes each day, I can break it down into smaller parts. First, I'll aim for 10-minute walks, then increase it to 15 minutes, and eventually work my way up to a 30-minute walk.*

Step 3: Consider balance

It's important to find balance between the areas where you're doing well and the areas where you need to grow. Wellness is about using your time and energy wisely, rather than being perfect.

Question: How can you keep working on your strengths while also focusing on the areas that need more attention?

- *Example: I'm good at taking care of my social wellness. I see my friends and family a lot and feel connected to them. I also want to pay more attention to my physical wellness. I could set aside time to exercise after work or school and prioritize social time on the weekends to balance both. I could also ask my friends or family if they want to do something active with me when I see them.*



Question: What does balance look like for you in wellness? Is it about how you manage your time, feel emotionally, or something else?

- *Example: For me, balance is about managing my time. I try my hardest to make sure I'm not spending too much time on my phone and that I am spending more time on things that make me feel better, like reading a book or spending time outside.*

Step 4: Adopt a growth mindset

Think about how having a growth mindset can help you keep improving your wellness.

Question: How can seeing challenges as learning chances help you stay motivated when things get tough?

- *Example: When I feel like I've failed at something, I will remind myself that it's okay I can't change it. After that I'll remind myself it's an opportunity to learn. Like today, I didn't get outside for a walk as I planned. I can ask myself what made it so I didn't go outside and what I can change next time.*

Question: How does focusing on progress instead of perfection help you keep moving forward, even on hard days?

- *Example: If I focus on progress, it helps me see small victories. Even if I don't spend time learning my new hobby of playing the piano one day, I'll focus on the days I did practice. This helps me keep going because I know I'm improving bit by bit, not just aiming for perfection.*

Good job completing this wellness check-in! Use what you've learned to stay focused on the progress you make, embrace challenges, and celebrate victories, no matter how small. Remember, wellness is a journey, not a destination!

Reflect and Connect

We've covered a lot in this module, including:

- Understanding wellness and the different parts that make it up.
- Exploring which parts are important to you and how to balance them.
- Building skills to check in with your own wellness.

Take a moment to think about the questions below and how they relate to your experiences. Think of this as a reflective journal for yourself, which you can refer to later.

Happy reflecting!

Which parts of wellness have you thought about before?

Example: I've definitely thought about physical wellness, like exercise and eating healthy, I feel like it's one that gets talked about a lot.



Are there any parts you've never thought of when you think about wellness?

Example: I didn't really think about environmental wellness until now. I guess my environment can affect my mood a lot though, so it makes sense.

Are there any areas of wellness that stood out to you?

Example: Social wellness stood out to me because I value having close friendships. I can tell that being connected to people really impacts my well-being and how I feel.

Were there any surprises in how you prioritized the different parts of wellness?

Example: I was a bit surprised at how important I found financial wellness. I guess I have been starting to think more about saving and budgeting lately.

Are there any areas of wellness that you're feeling really good about?

Example: Social wellness is really important to me. I know I feel best when I get quality time with the people I'm close with. I feel like I've been getting a good amount of that time lately though so I'm happy about that!

Are there any areas of wellness you feel could use more attention?

Example: Physical wellness. I haven't been spending any time on my physical wellness lately, I would like to get more sleep because that's important to me.

Keep Going

There is so much more to learn! Access the full CanWork BC content and learn more about the program at **canworkbc.ca**.

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