

**Wellness Wheel**

*Suggested responses for HCA Healthcare Volunteers to share with students while doing the Wellness Wheel Activity in a classroom setting.*

1. **MENTAL HEALTH** Healthy mindset and emotions

* Create a gratitude practice. Write down 5 things that you are grateful for.
* Identify your support network. Who do you have in your life that you can talk to about challenges that you may face? Family, friends, counselors, loved ones?
* Identify your coping strategies - these are things we can do to calm ourselves down or cheer ourselves up when we feel our emotions build up.
  + What types of coping strategies help you when you feel stressed, anxious, or overwhelmed?
  + How can you carve out time each day to do something positive for yourself?

2. **RELATIONSHIPS** Feeling connected to others

* Be patient. It’s important to remember that, just as we had to adjust to social distancing measures, we’ll also have to give ourselves time to adjust to life after. ○ Reach out. If you feel lonely, call or text someone that you care about.
* Be kind to yourself. When we’re feeling lonely, we often become self-critical. In these times, it’s especially important to be kind to yourself.
* Put yourself out there. Joining an online group, or finding a community or club focused on activities that you enjoy can be a great way to meet new people and feel connected.

3. **FINANCES** Budgeting, saving money

* Search online. There are a lot of online resources for managing financial stress during this time, as well as some resources that have been set up by government agencies and organizations to help adults, like your families and parents.
* Control the controllables. While you may not be able to control some of the things that impact your family's or your own financial situation, you can control some of the choices that you make around it.
* Take an online class-- like one of EVERFI’s financial literacy courses-- to help you better understand how money works.

4. **RECREATION** Hobbies, sports, fun, downtime

* Try something new. It might be a new club, a new sport, or a new game with friends.
* Each day, carve out at least 30 minutes to do something positive for yourself. Ideally, something that is unrelated to school or any other obligations.

5. **SPIRITUALITY** Personal growth, seeking understanding

* Meditate. Meditation, especially meditations called “metta meditations” or lovingkindness, can have significant benefits on our health. Metta meditations can be simple - think of yourself and loved ones and direct positive thoughts and well wishes to yourself and others. Start with 5 minutes and go from there.
* Take a nature stroll. Connecting with nature can help us to feel more grounded and more grateful for the simple things in life.
* If you are religious, create time to practice the rituals and traditions of that religion.

6. **CAREER** Satisfaction at school

* Prepare a plan. Think about what your academic goals are for the coming semester, and write down some small, realistic steps that you can take to achieve some of them.
* Nourish your mind. Beyond schoolwork (or perhaps as a part of your schoolwork), find some things that stimulate you intellectually. This might be listening to a podcast, reading a blog, or finding a book on a topic that fascinates you.
* Connect with a guidance counselor to explore career goals, or talk to adults in your life about their own career path.

7. **HOME** Safe & comfortable living space

* Re-decorate. Refreshing our space, even if it is just moving around furniture to a new location, can help us feel re-connected and re-centered-- it can also feel like a fresh start.
* Organize. Whether it is organizing a drawer, organizing your closet, or simply organizing your backpack, putting order to chaos can also have a powerful impact on our mental health and help us to feel calmer and more in control.

8. **PHYSICAL HEALTH** Eating well, exercising, quality sleep

* Follow protocols: wear a mask, wash your hands, maintain social distancing to the best degree you can, and take the necessary precautions to keep yourself and others safe.
* Stay active. As a result of the pandemic, there are lots of fitness activities that can now be done virtually. Whether spending time outside, joining an online fitness class, or downloading a fitness app, find something that works for you.