

The Indivisible Self: An Evidence-Based Model of Wellness

CONTEXTS:

Local (safety)

Family
Neighborhood
Community

Institutional (policies & laws)

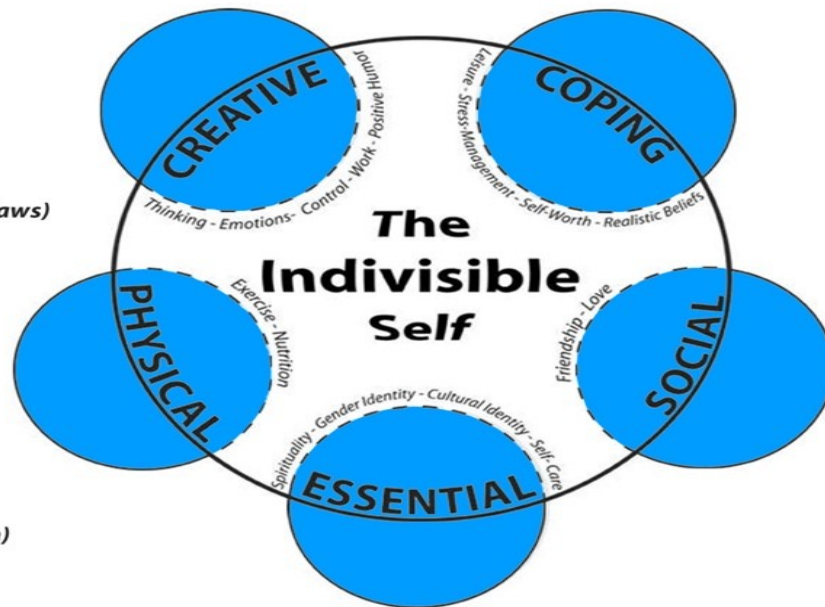
Education
Religion
Government
Business/Industry

Global (world events)

Politics
Culture
Global Events
Environment
Media

Chronometrical (lifespan)

Perpetual
Positive
Purposeful



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Questions for Self-Reflection

True or False - My level of wellness now is the greatest it has ever been in my life.

True or False - There was a time in my life when I felt a greater sense of overall wellness than I do now. If the answer is “true”, when was that time? How was your life different than it is now?

Internal Dialogue - What are 1 – 2 wellness factors/components in my life that I would like to work on to improve my overall wellness?

Internal Dialogue - What are my personal strengths and limitations relative to the areas I have chosen to improve.

Getting Started: Creating a Wellness Plan ...

What are my Goal(s)?

1. Find an enjoyable activity and participate in it once per week.
2. Allocating time for my studies with full attention on reading and going over class notes.
3. Practice mindfulness like journaling and meditation throughout my busy work/school week.
4. Connect with my social network by reaching out to family and friends more often.

What will I do/how will I meet my goal(s)?

1. I will research activities I enjoy or new ones I'd like to try, create a list, and then choose one activity from the list each week and add it to my planner.
2. I will set aside specific time blocks for studying in my weekly schedule where the environment is calm and free of interruptions.
3. I will set a daily reminder on my phone to spend 5-10 minutes journaling about my daily interactions and feelings throughout and use a guided meditation app for daily meditation.

4. **I will make a list of people I want to stay connected with and prioritize reaching out to at least one person on the list each week.**

What resources do I have that will help me reach my goal(s)?

1. **I have access to local community centers and clubs, as well as nature and outdoor spaces, and a list of enjoyable activities that interest me.**
2. **I have access to textbooks and class notes.**
3. **I have access to guided meditation apps, mindfulness techniques learned in therapy, and a journal.**
4. **I have a phone, social media, and reminders to ensure regular check-ins.**

What resources do I need to help me reach my goal(s)?

1. **Habit tracking apps can help me keep track of my weekly activities.**
2. **Finding quiet study spaces outside of my home could be beneficial to ensure I am free from distractions.**
3. **Attending virtual meditation groups could provide support and teach me new ways of meditating.**
4. **A habit tracking app can help me with accountability in reaching my goals of connecting with my support network weekly.**

How will I reward myself for achieving my goal(s)?

To reward myself, I will take a guilt-free “rot” day by doing absolutely nothing all day. No school, work, chores, or working on goals for a whole day without feeling guilty or lazy. I could also reward myself with getting a manicure and pedicure, free from distractions, by turning my phone off and fully relaxing while there.