Wellness & Resilience Action Plan
EIGHT DIMENSIONS OF WELLNESS

1. EMOTIONAL—Coping effectively with life and creating satisfying relationships
2. ENVIRONMENTAL—Good health by occupying pleasant, stimulating environments that support well-being
3. FINANCIAL—Satisfaction with current and future financial situations
4. INTELLECTUAL—Recognizing creative abilities and finding ways to expand knowledge and skills
5. OCCUPATIONAL—Personal satisfaction and enrichment from work and school
6. PHYSICAL—Recognizing the need for physical activity, healthy foods, and sleep
7. SOCIAL—Developing a sense of connection, belonging, and a well-developed support system
8. SPIRITUAL—Expanding sense of purpose and meaning in life

www.samhsa.gov/wellness
Step 1

Create a simple statement for each wellness sphere that states your priority for that sphere.

- An example for Financial Wellness might be: “I want to minimize the impact of student loans on my long-term plans.” For Social Wellness an example might be: “I want to expand my circle of friends both in school and outside.”
Step 2

Very far from goal

Environmental wellness

Emotional wellness

Financial wellness

Intellectual & Occupational wellness

Physical wellness

Social wellness

Spiritual wellness

Already at goal
Step 3

5. Rank the seven wellness spheres by how much time/effort you actually dedicate to each now (1 – most time, 7 – least time).
   — ENVIRONMENTAL
   — EMOTIONAL
   — FINANCIAL
   — INTELLECTUAL & OCCUPATIONAL
   — PHYSICAL
   — SOCIAL
   — SPIRITUAL
Step 4

Select an action to take:

- If your answers to 4 and 5 are congruent, decide on **at least one action** you will commit to in your most important wellness sphere for your 4th year to keep that going.
- If your answers to 4 and 5 are very different, decide which wellness sphere you want to focus on to contribute to your health and resilience during your 4th year of medical school. Then choose **at least one action** in that wellness sphere you will commit to do for your 4th year to keep that going. NB: you may want to think about why these two lists (answers in 4 and 5) diverge, if you want to make them congruent, and how to do that.
- The assignment is to select at least one action in your top wellness sphere to commit to do in your 4th year. You can elect to do more.
Setting your Goals
S.M.A.R.T. Goals

- **Specific**
- **Measurable**
- **Achievable**
- **Results-focused**
- **Time-bound**
Consider where you are starting, and what a realistic action is that will contribute to your goal.

For example, a SMART goal to boost financial wellness might be:

“I will substitute home-brewed coffee for Starbucks coffee three times each week, on Monday, Wednesday, and Thursday, and put the $12 I save into a savings account for the next six months.”
Pro tips

Consider where you are starting, and what a realistic action is that will contribute to your goal.

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Remember, the goal of this assignment is not to achieve “perfection” overnight, but rather to make sustainable progress toward your goal!
More Practical tips

- Consider:
  - Negotiable stressors vs. Facts of life
  - What do you enjoy? What nourishes, calms, sustains you?

- All or nothing is not a thing – slips are an opportunity to learn!

- Make use of the time you already have.

- “Should” does not have a place in self-care.
Another Plug (& Please share your resources!)
http://libguides.gwumc.edu/mindfulness
Longitudinal wellness Action Plan
Implementation

   - You are strongly encouraged to begin implementing your Action Plan during a lighter rotation, an out-patient week, or a golden weekend.

2. Look for ways to maintain or tweak your Wellness and Resilience Action Plan when your schedule is more intense.
   - Planning ahead
   - Being realistic
   - Avoiding all-or-nothing thinking

3. Share your Wellness and Resilience Action Plan with friends and/or with your faculty mentors.
Important: Self Care is *not* another To Do list
Conclusions
Successful scientists are human.

Even (& especially) the best of us.

Identifying our personal priorities & needs is a first step in taking care of ourselves...

+ Caring for our personal wellness is key to being our professional best.

Resources are available to help.

Your health cannot be taken for granted.

Ultimately, personal wellness *is* professional wellness.
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Thank you!

QUESTIONS?
Let’s practice.