



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



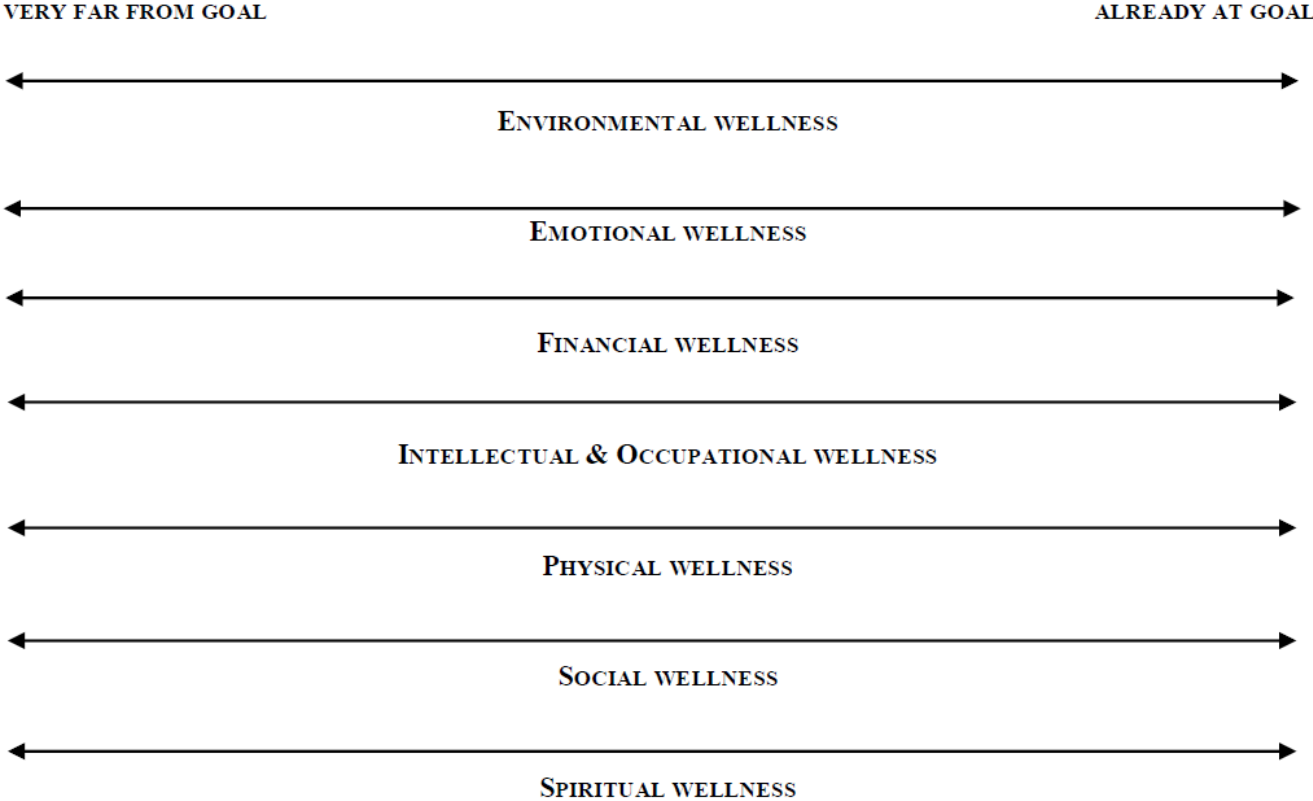
Step 1

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



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**



Pro Tips

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.”



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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>

GW Himmelfarb Health Sciences Library

George Washington University / Research Guides / Wellness / Apps

Wellness: Apps

Apps Books, Podcasts, Webinars, Courses & Conferences

Physical Activity & Mindful Movement

- AllTrails**
Largest collection of detailed, hand-curated trail maps so you can hit the trail with confidence. Anytime. Anywhere.
- Cardio - Heart Rate Monitor - 7 Minute Workout**
Cardio helps you measure your heart rate, learn how the numbers relate to your general wellness, perform effective workouts to get in shape, and track your progress.
- Daily Yoga**
Daily Yoga inspires yoga worldwide with the largest yoga pose base, 100+ yoga and meditation classes plus varied programs that suit yogis of all levels, and helps them stay with yoga everyday.
- Five Best Smartphone Running Apps**
- Stand Up!**
Fun, flexible work break timer.
- Stretching Swirl - Increase Flexibility & Balance**
Increase flexibility with this Pilates & stretching workout trainer with free workouts to improve flexibility and avoid injury. Also available for Android.

Meditation

- Calm**
Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Enjoy a calmer mind with our guided meditations and experience more restful sleep with Sleep Stories.
- Guided Mind - Guided Meditation for Relaxation**
Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life. Also available for Android.
- HeadSpace: Guided Meditation and Mindfulness**
Meditation made simple. Guided meditations suitable for all levels from HeadSpace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress. \$
- Insight Timer - Meditation App**
Insight Timer includes 3,500 free guided meditations, 500 free music meditation tracks, 22 meditation Playlists, and a meditation timer.
- Mindfulness Daily**
This app supports quick, effective guided practices to

Healthy Eating

- Lose It!**
Track your meals & moves with our food & exercise database + tracking tools.

Financial Literacy & Debt Management

- CreditKarma**
Easy-to-read credit reports and personalized score insights, tools & tips to help you understand your score and take next steps; free credit monitoring that can help you spot potential identity theft.
- Mint**
Manage your budget, bills, and credit score
- You Need a Budget**
All your budget, all the time.
- GW SHHS Financial Literacy & Debt Management**
Financial literacy and debt management resources to assist MD students in making better financial and student loan decisions.





Longitudinal wellness Action Plan



Implementation

- 1. Consider the best time to implement your Wellness and Resilience Action Plan.**
 - 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.



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