Slide 1

DISABILITY-CONSCIOUS WELLNESS & SELF-CARE

Slide 2

9 PILLARS OF WELLNESS

DISABILITY RELATED WELLNESS

SELF-CARE

Slide 3

Why is wellness and self-care important for managing my disability?

* Wellness and self-care is essential for all
* Just because someone has a disability does not mean that they are not well, or unhealthy
* Finding wellness and selfcare techniques that work best for you as an individual
  + This could warrant a better understanding and management of your symptoms
  + Example: I enjoy yoga for self-care. Yoga also helps me stay calm and manage my anxiety.
  + Example: I like to limit social media use for self-care. I notice my depression symptoms are alleviated the less time I spend on social media.
  + Example: I enjoy running at least 5 miles a week for self-care. My blood pressure is stabilized when I keep up with my running schedule.

Slide 4

9 Pillars of Wellness

Creative Wellness

Interacting with a variety of arts and cultural experiences to better understand and appreciate your surrounding world.

[School of Theatre Productions](https://theatre.fsu.edu/productions/2021-22-season/)

[College of Music Recitals](https://calendar.fsu.edu/college_of_music)

[The Union's Art Center](https://union.fsu.edu/artcenter)

[The Globe](https://cge.fsu.edu/)

Physical Wellness

30 minutes of physical activity a day releases endorphins that increase your mood, sleep, and productivity.

[Campus Rec](https://campusrec.fsu.edu/)

[Tallahassee Parks & Rec](https://www.talgov.com/parks/ParksHome.aspx)

Slide 5

9 Pillars of Wellness

Social Wellness

Getting involved outside of the classroom and being an active member of a community can help you develop a sense of belonging.

[DSA Involvement Survey](https://nolecentral.dsa.fsu.edu/submitter/form/collectsubmitteridentity/37b58540-7d45-4529-9a41-d6f033a454b4) [University of Choice](https://nolecentral.dsa.fsu.edu/organization/uocfsu)

Emotional Wellness

Involves developing a positive sense of self that is open to experiencing a healthy range of emotions.

[Counseling & Psychological Services](https://counseling.fsu.edu/)

[Center for Health Advocacy and Wellness](https://chaw.fsu.edu/)

Environmental Wellness

Focuses on being aware of and engaging in the environment that surrounds you.

[Sustainable Campus](https://sustainablecampus.fsu.edu/)

Slide 6

9 Pillars of Wellness

Intellectual Wellness

Focuses on fostering critical thinking, developing moral reasoning, expanding worldviews, and engaging in education for the pursuit of knowledge.

Spiritual Wellness

Involves expanding a sense of purpose and meaning in your life.

[Interfaith Counsel](https://interfaithcouncil.fsu.edu/members-interfaith-council-fsu)

[Spiritual Life Project](https://slp.fsu.edu/about-us)

Occupational Wellness

Involves engaging in work, volunteering, organizations, or academic endeavors in a way that provides personal enrichment and is consistent with your values, goals, and lifestyle.

[The Career Center](https://www.career.fsu.edu/)

[The Center for Leadership and](https://thecenter.fsu.edu/) Social Change

Financial Wellness

Focuses on assessing the financial resources and skills needed to accomplish your goals.

[CHAW's Financial Wellness](https://chaw.fsu.edu/topics/wellness/financial-wellness) Program

[Financial Wellness Seminars](https://calendar.fsu.edu/event/financial_wellness_seminar_banking_basics_for_students)

Slide 7

You can't pour from an empty cup!

Take care of yourself first.

SELF-CARE

Slide 8

Self-care

* The World Health Organization (WHO) defines self-care as "what people do for themselves to establish and maintain health, and to prevent and deal with illness.."
* There are 7 pillars of self-care, that tie in well with our 9 pillars of wellness
  + Knowledge and health literacy
  + Mental wellbeing, self-awareness, and agency
  + Physical activity
  + Healthy eating
  + Risk avoidance
  + Good hygiene
  + Rational use of products and services

Slide 9

Examples of Self-care

Go on a walk

Yoga

Cook

Spend some time with friends

Knit

Journal

Start a blog

Prayer and/or meditation

Soak up the sun

Take a bubble bath

Take a break from social and news media

Make a self-care playlist

Hammock

[Create a vision board](https://www.oprahmag.com/life/a29959841/how-to-make-a-vision-board/)

Make a scrapbook

[Complete a selfless act](https://www.elle.com/uk/life-and-culture/a31803574/individual-heroes-love-wins-coronavirus/)

Skate

[Create a mindfulness jar](https://www.huffpost.com/entry/how-to-make-a-glitter-jar_b_10244838)

Order take out/delivery from a local restaurant

Complete a puzzle

Sing

Play an instrument

Rearrange your room

Go through old photos/ family videos

Slide 10

Self-care

What do you typically do for self-care?

When was the last time you practiced self-care?

Slide 11

Homework

* Brainstorm what self-care looks like for you
  + Come up with 3 activities for self-care
* Within the next week, pick at least one day and time where you will participate in one of your self-care activities
  + Try to be as specific and realistic as possible
  + Examples:
    - Next Tuesday at 7 PM I am going to meet my friend at Lake Lafayette Heritage Trail Park and we are going to go on a walk for 45 minutes
    - This Saturday I am going to turn my phone off from 9 AM to Noon in order to spend quality time with my significant other without distractions