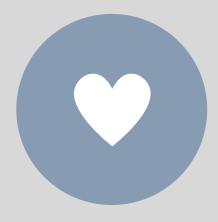








DISABILITY RELATED WELLNESS



SELF CARE

# 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 allievated 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 stabalized when I keep up with my running schedule.

### 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**
- College of Music Recitals
- The Union's Art Center
- The Globe



### **Physical Wellness**

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

- Campus Rec
- Tallahassee Parks & Rec

### 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
University of Choice



### **Emotional Wellness**

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

**Counseling & Psychological Services Center for Health Advocacy and Wellness** 



### **Environmental Wellness**

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

**Sustainable Campus** 

### 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 Spiritual Life Project** 



#### **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
The Center for Leadership and

**Social Change** 



#### **Financial Wellness**

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

CHAW's Financial Wellness
Program
Financial Wellness Seminars



# SELF CARE

## 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

# 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
- <u>Create a vision board</u>
- Make a scrapbook
- <u>Complete a selfless act</u>
- Skate
- <u>Create a mindfulness jar</u>
- Order take out/delivery from a local restaurant
- Complete a puzzle
- Sing
- Play an instrument
- Rearrange your room
- Go through old photos/ family videos

### Self Care

- What do you typically do for self care?
- When was the last time you practiced self care?



### 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