

The background of the slide is a repeating pattern of blue line-art illustrations of various plants, including leaves, berries, and flowers. A white rectangular box with a thin blue border is centered on the slide. At the top center of this box is a solid blue rectangular tab.

DISABILITY-CONSCIOUS WELLNESS & SELF CARE



9 PILLARS OF
WELLNESS



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 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.

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](#)

you can't pour from an empty cup
take care of yourself first



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
- •[Create a vision board](#)
- •Make a scrapbook
- •[Complete a selfless act](#)
- •Skate
- •[Create a mindfulness jar](#)
- •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?



This Photo by Unknown author is licensed under CC BY-NC-ND.

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