

YOUR WELLNESS TOOLKIT

What is a Wellness Toolkit? A Wellness Toolkit is one the best ideas that ever came out of the healthcare field! The brainchild of Mary Ellen Copeland, the toolkit idea came about because she wanted to know how people could manage their lives while living with serious health or mental health problems. What could someone do for themselves to stay as well as possible and handle whatever life threw their way? The answer was to think through, discover, and practice using a personal toolkit of wellness strategies – for example, written out as a list or as a “mind map” like below. The toolkit identifies the activities, settings, habits, and supports that help a person be well, which they can draw upon and add to throughout their life.

What is in Your Wellness Toolkit? A Wellness Toolkit is a personal thing, what works for one person may not for another. Part of the charm of having a personal Wellness Toolkit is exploring, researching, and figuring out what works for you as an individual and putting your tools in place! Still, all humans share some basic wellness needs, and this sheet describes some general categories you might find useful for thinking through how to keep your balance even during times of stress or hardship. In fact, it is during such times when it is most tempting to ignore your own wellness needs, yet most important to use your wellness tools to avoid unhealthy coping habits! For more information, visit the WRAP® website listed at the bottom of the page.

CONSTRUCTIVE CONTRIBUTION

Learn a new skill and apply it to something at school, work and/or to help others. • Participate in advocacy for a good cause • Volunteer time to community events or service

LIVING ENVIRONMENT & LIFESTYLE

Adjust light, air, and temperature • Control colors, smells & sounds • Maintain clean and organized home • Remove safety hazards at home • Keep a manageable daily schedule • Share relaxed, fun time with others • Claim quiet time for oneself

ART, BEAUTY, SPIRIT & NATURE

Go to a museum, gallery, theatre, festival, musical/dance performance, or place of worship • Enjoy arts, crafts, drawing, music, dance, etc. • Participate in a sport or enjoy being a spectator • Read stories, poetry, articles, books • Take a walk or hike in a beautiful, natural place • Observe rituals that nurture your spirit and soul • Cultivate a garden and/or potted plants • Learn to cook or learn another “home art”

MIND, BODY & FITNESS

Eat varied, healthy, colorful whole foods and fresh pure water • Minimize food additives, fats, sugar, caffeine, alcohol • Get daily exercise and natural light/ sunshine (but avoid sunburns) • Take vitamins and prescribed medicines in proper doses • Nicely groom and cloth oneself; develop your unique beauty • Do brain-building exercises, as well as calming/relaxing ones

“TAKE CHARGE OF MY LIFE” ATTITUDE

Challenge negative thoughts • Break bad habits • Master problem-solving skills • Actively develop your support network • Practice gratitude and positive regard • Take needed actions; enjoy crossing tasks off a list! • Sort out who you can vs. cannot trust, respect and/or rely upon; maintain relationships with those you can trust and rely upon