



Junior Officer Advisory Group

Readiness & Deployment Committee

Behavioral Health Team

Practicing Wellness

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Wellness Planning

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As we begin the New Year (2021), Wellness Planning is helpful to establish goals for overall health in all facets of life. Wellness Planning is a multi-dimensional look at your wellbeing considering your mental, physical, spiritual, financial, professional, intellectual and environmental health. When assessing your health and developing your wellness plan, questions can include:

Physical Health: Medical wellness, fitness levels, sleeping patterns, and recreational activities. * What are your fitness goals?

* Are you at a healthy weight? *Do you get adequate sleep?

Nutritional Health: Food and beverage consumption patterns. *Do your nutritional habits support your lifestyle? *Do you eat plenty of whole foods/vegetables/fruits? * Do you drink enough water?

Mental Wellness: Dealing with stress/managing your emotions. * What emotions do you feel most often and how do you cope with them? *Are you able to let things go or do you dwell on them? *Do you feel overwhelmed by occurrences in your life?

Spiritual Wellness: Having values and beliefs that provide a purpose for your life and your place in the world. *Are you able to spend reflective time alone? *Do you feel fulfilled in life? *Can you find comfort/meaning in your daily life?

Emotional Wellness: Attentiveness to your thoughts, feelings and behaviors and the feelings of others around you. *Are you accepting of your feelings and able to remain positive, despite life's sometimes unpleasant moments? *How is your self-esteem? *Do you have healthy relationships and friendships?

Intellectual Wellness: Practicing creativity/mentally stimulating activities. *Are you frequently bored? *Do you have creative hobbies? *Are you able to see all sides of an issue? *How are your time management skills?

Professional Health: Having a career that satisfies and engages you and a positive attitude about your job. *Do you feel fulfilled by your career? *Do you feel appreciated at work and well compensated? *Are you confident in your abilities to do your job and are you mentally stimulated at work?

Financial Wellness: Financial stability. *Are you living within your budget? *Are you able to build savings for your future? *Are your student loans and credit card debts manageable?

Environment Wellness: Respect for and being in harmony with your environment: personal space, community and the planet. *Do you spend enough time in nature getting adequate sunshine and air? *Are your surroundings tidy and comfortable? *Do you make a conscious effort to save energy, reuse and recycle? *Do you participate in community affairs?

After responding to the questions, establish short and long term goals. Monitor your progress and remain accountable.