

wellness PLANNING

What does it look and feel like when I am in a good place with my mental health?

Example: I hang out with friends 2-3x a week, I am motivated and productive at my part time job, I get along with my siblings, and I take my dog for several walks during the week. I also spend my time watching Netflix, napping, journaling, and I am interested in taking part in more cultural events, like a round dance.

What are my warning signs that I need to focus on my mental health?

Example: I am having trouble sleeping, and am often up until 2 or 3 am before having to get up for school the next day. I feel irritable and annoyed at the people around me, and don't have a lot of interest in hanging out with friends. I feel like I'm not a lot of fun to be around, so I tell people I'm busy when they ask me to hang out. I'm still making it to my shifts at work, but I can't wait to get home so I can crawl back into bed.

What are the things that I need to do every day to feel my best? When you are creating this list, think of how you are taking care of yourself spiritually, physically, emotionally, and mentally. Referring back to these 4 areas of the medicine wheel can be helpful in identifying which areas you may be lacking.

How am I incorporating these things in to my life? Do I need to make more time for them?

Am I taking care of my whole self? What am I doing for my body? My mind? My spirit? My emotions?

WHEN I'M NOT FEELING *my best*

Am I still doing those things that I need to do every day to feel my best?

Do I have the energy to be doing all of those things right now? What are 2 or 3 things from that list I could focus on instead?

Think back to my web of support. Who could I talk to about where I'm at right now?

What are my favourite self-soothing activities from the menu that will bring me a bit of peace right now?