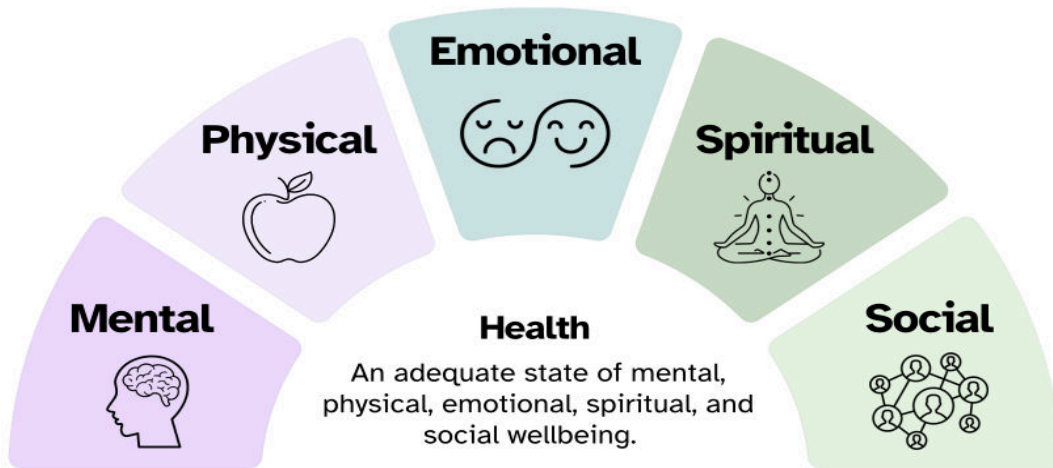


Student Name: \_\_\_\_\_

## Sharing and Reflection: Personal Wellness Plan



**Mental health** helps people handle stress, learn, and be part of their community. You can improve mental wellness by taking care of yourself, staying active, eating healthy, spending time with others, building good relationships, seeking support when needed, and making smart choices about substances.

**Physical health** is different for everyone and includes how the body works and changes with age. You can stay healthy by staying active, eating well, drinking water, getting enough sleep, and making smart choices about substances.

**Emotional health** means understanding and managing your feelings. You can improve it by talking to supportive people, being kind to yourself, and building strong relationships.

**Spiritual health** is about finding purpose in life. You can nurture it through faith, beliefs, or creating your own sense of meaning.

**Social health** is about building relationships and knowing how to interact with others. You can improve it by making friends, spending time with people, and joining activities.

## Sharing and Reflection: Personal Wellness Plan



**Reflect:** Think about the different types of wellness we learned about. Now, create your own wellness plan! Write down three goals— each goal should belong in one of the 5 dimensions or categories of wellness.

### GOAL 1:

What dimension of wellness does this belong to?

How will you achieve this goal?

### GOAL 2:

What dimension(s) of wellness does this belong to?

How will you achieve this goal?

**GOAL 3:**

What dimension(s) of wellness does this belong to?

How will you achieve this goal?