

# Healthy People, Healthy Leaders

## A Time for Reflection

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## Checking-In

*Since we last met, what reflections have you had about the importance of wellness in your life?*



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# Focusing In - Definitions of Wellness

## THE INDIVISIBLE SELF: An Evidence-Based Model Of Wellness

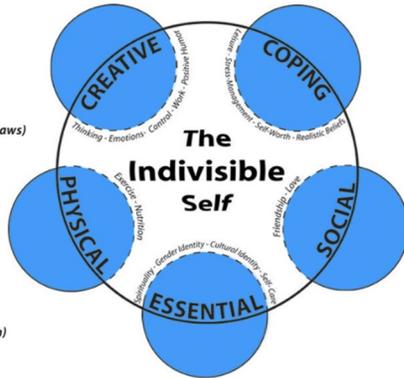
**CONTEXTS:**

**Local (safety)**  
Family  
Neighborhood  
Community

**Institutional (policies & laws)**  
Education  
Religion  
Government  
Business/Industry

**Global (world events)**  
Politics  
Culture  
Global Events  
Environment  
Media

**Chronometrical (lifespan)**  
Perpetual  
Positive  
Purposeful



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What if you had some dedicated time to think about the role of wellness in your life?

**Reflect.**  
**Profess.**  
**Act.**

# Jumping In

- Visit the folder to access your blank Personal Wellness Plan
- Review the plan and answer the discussion questions



## Wellness Plan

Date:     /     /

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

**Setting the Stage**

Individuals focus on wellness by using strength-based strategies for self-evaluation, the remediation of dysfunction, and optimization of growth (Myers & Sweeney, 2008). As I prepare to move through the sections below, reflect on messages that I have received about taking care of myself, taking care of others, health, mental health, wellness, work, and productivity.

## Discussion

1. Overall, how do I want to change?
2. What stands out to me about the barriers of my goals? Are they thoughts, feelings, deeply ingrained habits, or other people?
3. What commitments can I make that will help me better manage stress and more healthily function, overall?
4. How might improved wellness help me be a better leader?



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“The challenge is in the moment; the time is always now.” – James Baldwin

*Go Forth and DO*

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