



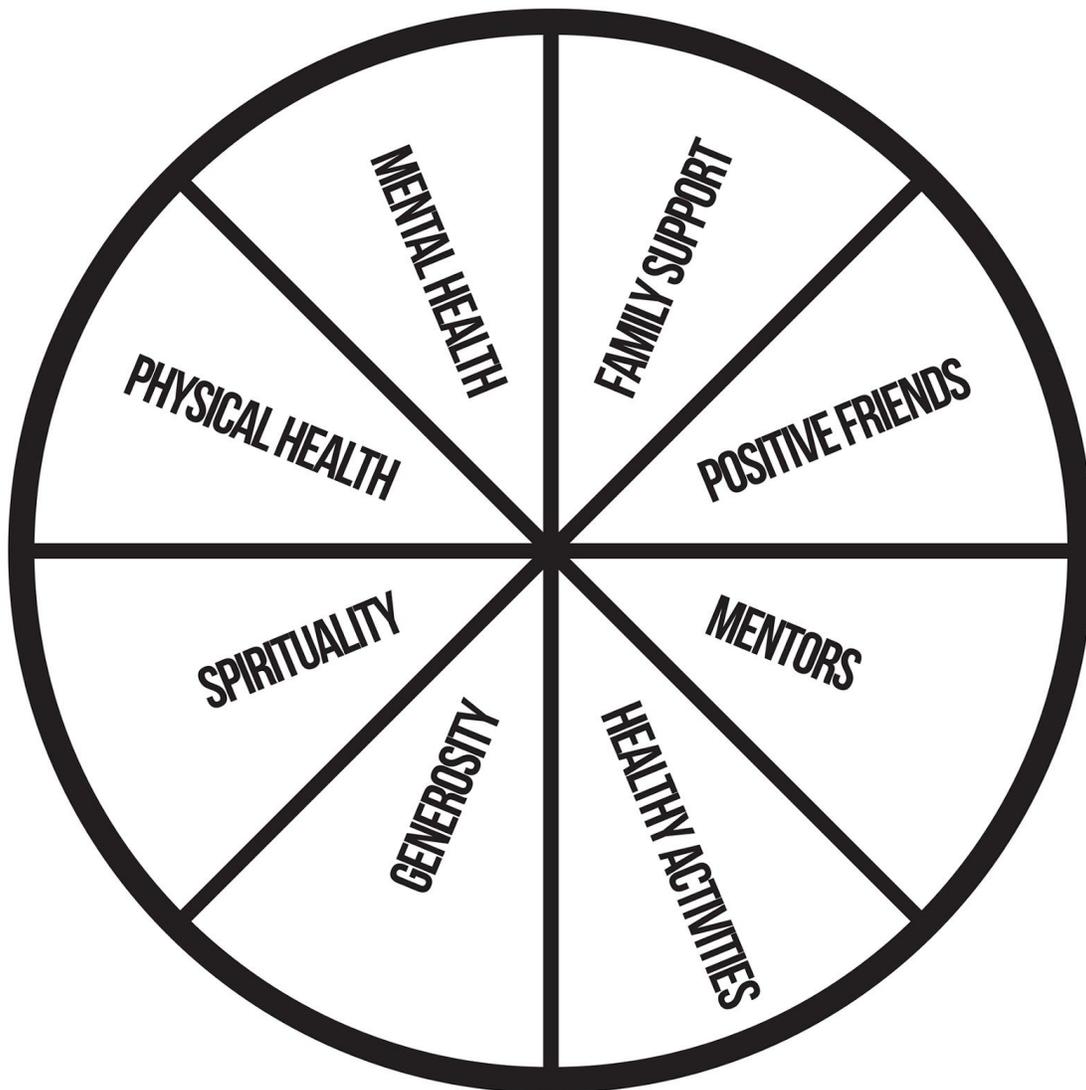
Wellness Plan

"You've outlined all the negative things that could happen, but not talked about the positive.

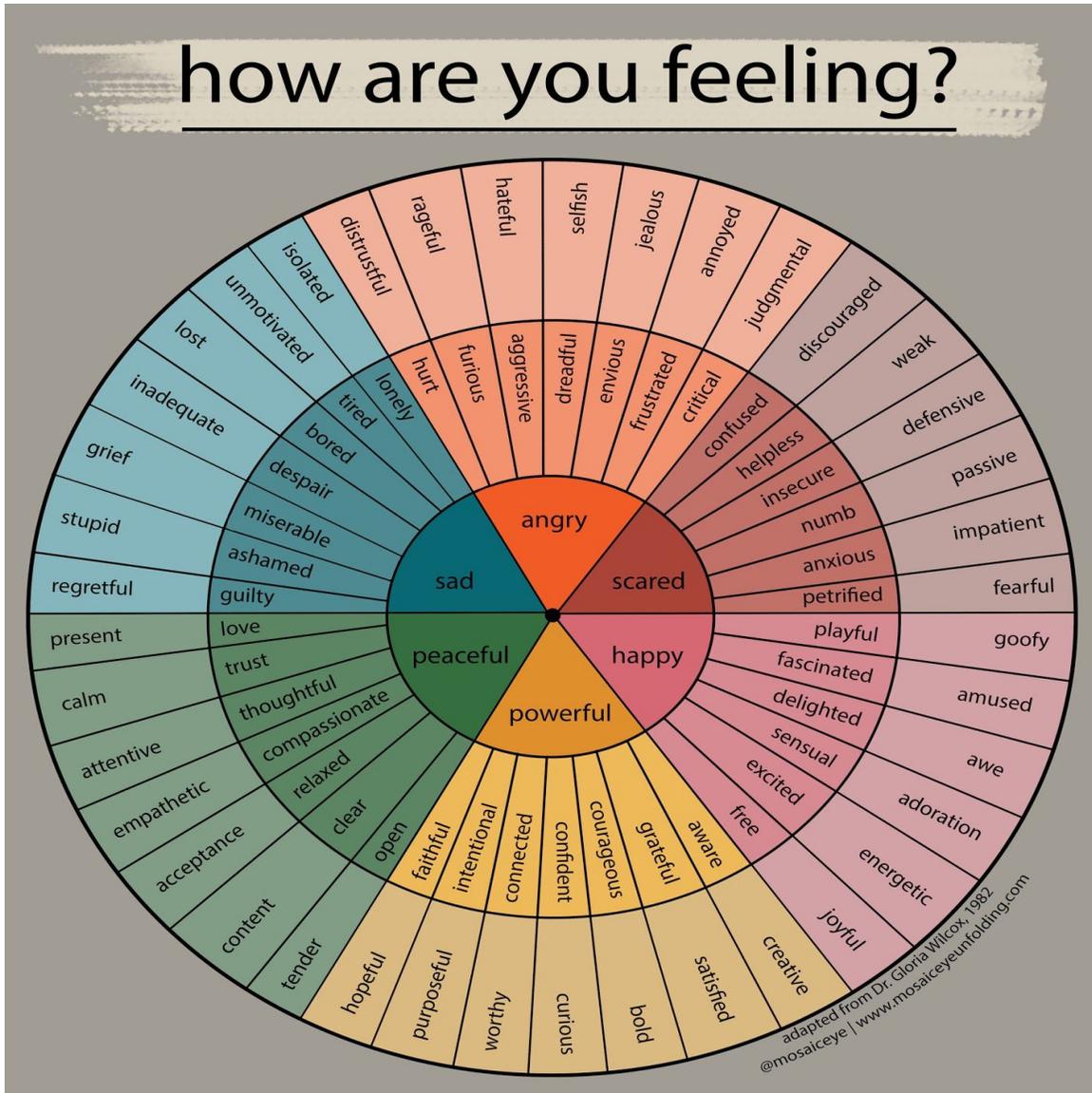
The absence of disease is NOT health."

Shawn Achor, The Happiness Advantage ([Watch his Ted Talk!](#))

Here is the Sources of Strength wheel. We have heard hundreds of stories from people who have identified how these strengths have helped them get through difficult times. Doodle your strengths around the wheel, or use it as a coloring page. You could color in two parts of the wheel you feel strong in, and one you'd like to grow!



Here's another wheel. You can use this feelings wheel, adapted from Dr. Gloria Wilcox and designed by Denver artist Chetna Mehta (@mosaiaceye), to help identify what feeling (or family of feelings) you may be experiencing throughout the day. Perhaps, you're feeling a spicy combination of more than one of these feelings at a time. You're not the only one! Consider placing this wheel somewhere you'll see it throughout the day.





A third way that you could start or end your day is with this check-in. Our Sources of Strength Wellness Coordinator (and resident artist) Mish Moore designed this check-in and our staff often uses it to help us understand more about how our team is coping in the midst of COVID-19. Maybe it can help you too!

CHECK IN!

HOW DO YOU FEEL?



I FEEL AWESOME!



I'M DOING WELL.



NOT GOOD, NOT BAD, I'M FINE.



I FEEL SAD.



I AM ANGRY!



I FEEL WORRIED OR ANXIOUS



I AM TIRED!



SOURCES
OF STRENGTH

Plan for possible illness:

Just because we are focused on our wellness, doesn't mean we can't be prepared. We also want a plan if we, or someone we care about, get sick. Here are some things we've found it helpful to consider as we plan for possible illness.

Emergency Contacts: Maybe it's time to make an old-fashioned phone tree so that we have a hard copy of who needs to be contacted in case of an emergency. Put in on the fridge, or by your front door, or send it to a friend.

1.

2.

3.

Grocery Plans: Meal trains aren't going out of style anytime soon. Identify which people, or which programs and services, you will utilize to ensure that you can still have access to safe and healthy food. Grandma? GrubHub?

Isolation Plans: Eeny-meeny-miny-moe, where will your sick roommates go? To the guestroom? Downstairs? Are you a mom, so your sick roommate is actually your child, and they aren't going anywhere?! Choose a quarantine room or a quarantine couch.



What Helps Us.

Chances are, you and/or the people you are #stayinghome with will need to incorporate some new ways of connecting (and disconnecting) while you shelter in place. Start to make a list of your creative ideas for:

Fun

Creativity/crafts/art

Projects/tasks

Physical activity/exercise

Rest

Cleaning

Kindness/Generosity

Gratitude

Mindfulness/Meditation

Connection

Disconnection (solitude and unplugging)



Make a list of people you want to connect with.

Just because we are physically distancing doesn't mean we can't stay relationally connected. It might be helpful to come up with the list of people you are factoring in and taking care of, the people you want to connect with, and the people you might need help from. Our friend Bonita Cobb from KY is known to say that everyone needs someone you're pouring into, someone you're partnering with, and someone who pours into you!

Friends

Family

Neighbors

Vulnerable Folks in your Area