

Student Wellbeing Deck



Reflection Guidebook

Sort out what matters to thrive at school & beyond.



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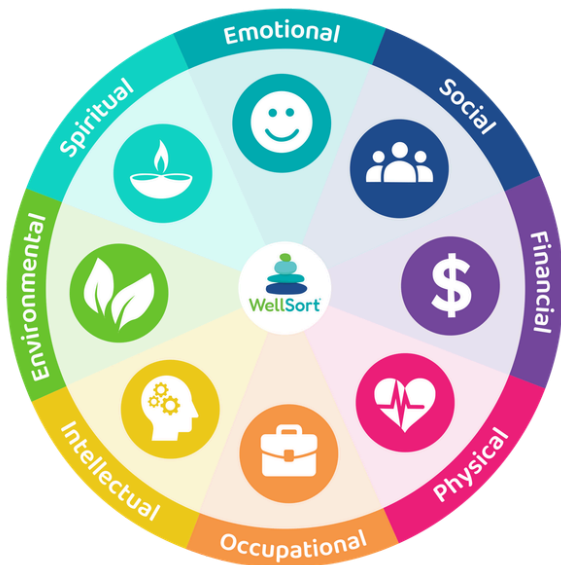


Student Wellbeing Deck: Reflection Guidebook

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Congratulations! You've completed your card sort and you're about to take a few simple steps towards a greater sense of wellbeing and balance in your life. **We highly recommend taking 20-30 minutes now (or soon) to complete the exercises in this guidebook** in order to begin making small changes that can make a big difference!

The **Student Wellbeing Deck** is a simple activity that helps you clarify and act upon your wellbeing priorities and needs. The process is designed around the **Eight Dimensions of Wellbeing** (see below) to help you assess various aspects of your life and strive for a holistic sense of health and wellbeing. You'll learn more about these dimensions on the next page.



Eight Dimensions of Wellbeing

This guidebook will help you:

- Get familiar with the Eight Dimensions of Wellbeing
- Reflect on the meaning and importance of your top wellbeing priorities
- Choose one focus priority to start working on
- Consider how your priority fits into the Eight Dimensions of Wellbeing
- Set a wellbeing action step and identify small changes for moving toward it
- Share your action step with someone who can encourage and support you
- Check in with yourself and reassess as-needed

A few things to keep in mind:

The reflection questions included in this guidebook are a very important part of the Student Wellbeing Deck process, so it's *highly* recommended that you complete them (either on your own or with help from someone you trust).

Taking care of your wellbeing takes practice, so set realistic expectations for yourself and take the time you need to build your priorities into your life. As you move through the questions in this guidebook, please remember that **there are no right or wrong answers**. You are the expert about what's most important to you when you think about your wellbeing priorities, so be sure to answer the questions honestly, and always **go with your gut!**

The Eight Dimensions of Wellbeing*

The **Eight Dimensions of Wellbeing** is a holistic framework and guide for understanding and improving your wellbeing. **Each dimension is interconnected** and contributes to your overall quality of life. Remember, wellbeing isn't just the absence of illness - it's a proactive approach for a healthy, balanced, and fulfilling life!



Emotional

Emotional Wellbeing: Being aware of your emotions and finding healthy ways to cope with challenges and setbacks



Social

Social Wellbeing: Building meaningful connections and communicating effectively with others



Financial

Financial Wellbeing: Making informed and thoughtful decisions regarding your finances



Physical

Physical Wellbeing: Nurturing and paying attention to your body's overall health



Occupational

Occupational Wellbeing: Feeling engaged in, connected to, and fulfilled by your work



Intellectual

Intellectual Wellbeing: Pursuing curiosity and lifelong learning, and expanding your knowledge and skills



Environmental

Environmental Wellbeing: Promoting a sustainable lifestyle and accessing healthy and safe built and natural environments



Spiritual

Spiritual Wellbeing: Finding a sense of meaning beyond the material world

*Adapted from the United States Substance Abuse & Mental Health Services Administration's (SAMHSA) Wellness Wheel Model (<https://www.samhsa.gov/>)

Reflection Questions

The following questions will help you understand your wellbeing priorities better, and will guide you through setting a specific wellbeing action step based on your top priority.

1. Below, **write down your top three wellbeing priorities**. In the spaces provided, **write down what each priority means to you and why it's so important right now** as you think about your holistic wellbeing.

My top three priorities, what they mean & why they're important to me:



Priority #1:



Priority#2:



Priority #3:

2. Next, read through the meaning of your top three priorities from above and notice if they have anything in common. **Are these priorities connected in any way? Are there any themes across them?** If not, that's okay! Just go to the next question.

3. Now that you've determined what your top three priorities mean to you, **choose one wellbeing priority that you'd like to start focusing on now** and write it below (starting with one will help you make small changes that feel manageable and sustainable).

My Focus Priority:



4. Below, **circle up to three Dimensions of Wellbeing that you feel connect most to the focus priority you listed above.** If it helps, review the dimension definitions on page 2. Your choices should be based on what this priority means to you. There are no right or wrong answers!



Emotional



Social



Financial



Physical



Occupational



Intellectual



Environmental



Spiritual

5. **What's currently getting in the way** - or might get in the way - of building this priority into your life?

6. **What's one thing you could change to make room for this priority?** What could you start doing, stop doing, or ask for? *When focusing on our wellbeing, it often means adjusting or letting go of specific beliefs, behaviors, habits, schedules, or expectations.*

Action Planning

Now that you understand the meaning and importance of your focus priority and have thought about something you can change, adjust, or ask for to start making room for it, **it's time to take some action!**

7. **What is one small, specific action step you can take now** (or soon) to make this change?



8. **When will you start** incorporating this small action step into your life? (check one)

Today Tomorrow This Weekend Other: _____

9. **How often** will you do it? (check one)

Once Daily Weekly Monthly Other: _____

10. **What help and/or resources do you need** to start taking this action step?

11. **How will you reach out for this help/these resources** to get the support you need?

12. **How will you keep yourself on track** and make sure you follow through with this action step?

Next Steps

If you'd like, **share your top priority and action step with someone you trust** - at school or in your personal life. Choose someone who can encourage you, offer support, and check in on your progress. Sharing your action step with another person can make it feel more real and tangible.

For example, this could be a...

- friend or peer
- family member
- partner
- mentor or peer mentor
- coach or advisor
- teacher or professor
- counselor or therapist
- spiritual or community leader

Write their name here: →

Now you're on your way!

Congratulations on completing the first step in building your wellbeing priorities into your life! Here are a few suggestions to help you stay on track...

- ✓ Your first step is to **reach out to the person you listed above** (text, email, call, etc.) to share your priority and action step. This can help with support, momentum, and accountability.
- ✓ As you implement your action step, be sure to **explore the wellbeing resources available at your school** - staff and teachers want you to succeed, so be sure to reach out for support!
- ✓ **Schedule specific check-in times in your calendar** - with yourself and the person you wrote down - to assess your progress (e.g., after one week, one month, three months, etc.).
- ✓ During these check-ins, **write down and discuss your answers to these questions:**
 - How have you progressed with your wellbeing action step?
 - What specific changes (big or small) have you made?
 - What's the next small change/step you can implement?
 - How have you enlisted help from your support person? Is this working? Should you adjust?
- ✓ **Change is hard!** Acknowledge and celebrate your successes - both big and small! **If you're struggling to make changes**, revisit what you wrote about your focus priority to remind yourself why it matters. Then **try starting with an even smaller change**.
- ✓ **After three to six months, reassess:** How have your priorities shifted? Do you need to set a new action step or redo the card sort activity?
- ✓ **Remember, sustainable change takes practice, flexibility, and patience.** Set realistic expectations, ask for help, be kind to yourself, and give yourself the time you need to build wellbeing into your life!

