



UW LIVEWELL



Well-Being Workbook



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UW LIVEWELL

Well-Being Workbook





A guide to our health and
well-being.



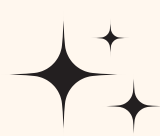

L I V E W E L L . U W . E D U





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INTRODUCTION

The Well-Being Wheel



IT'S ALL INTERCONNECTED

You may commonly hear mental health and physical health as separate things in the news, yet our health and well-being are holistic and interconnected. A great start when thinking about your health and well-being is to reflect on what your needs are for each of these areas. What does balance in each circle mean to you specifically? This booklet will go over each area of wellness and ways to cultivate it.

REFLECTION

Looking at each area of wellness on the wheel, reflect on the following questions.

Assign each area a number from 1 to 10 based on how well this area is going in your life, with 1 being the least successful and 10 being the most successful.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Relational
The ongoing development and practice of intimacy, communication, and community with the people in our lives to foster belonging and connection.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Developmental
Commitment to learn new concepts, improve skills and strengths, and seek growth in pursuit of life-long self-understanding and growth.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Resources
Saving, managing, and utilizing our money, resources, and time to support our larger goals, relational commitments, and personal values and health.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Physical
Engaging in behaviors and choices that help nurture our body and strengthen healthy relationships with food, movement, medicine, and rest.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Emotional
Building the ability to reflect, identify, and effectively manage and communicate our thoughts and feelings in a manner that strengthens our ability to cope.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Work
Engaging in behaviors that support balanced effort and personal fulfillment from our work commitments and contributions, whether paid or unpaid.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Spiritual
The development and practice of beliefs and behaviors that nurture our sense of meaning, morality, ethics, and personal values.

A horizontal line with arrows at both ends, marked with numbers 1 through 10. Above each number is a small circle, intended for a user to place a dot indicating their rating.

Environmental
Recognizing and being responsible for the ways in which we have influence and impact on the environment and communities that surround us.

What is going well in each area? Why did you assign the number you did?
What would you like to improve in this area?

RELATIONAL

Forming relationships with others is an integral piece of who we are as humans. Relational wellbeing helps us feel a sense of community and belonging, gives us opportunities for novel experiences, and promotes greater life satisfaction.

HOW DO I TALK TO STRANGERS?

Challenge the Myths!



MYTH:

"People don't want to talk to me!"



MYTH:

"I don't have enough social skills for this!"

TRUTH:

We can't know what's going on in other people's heads. Chances are they are looking for friends too!

Research shows that people are more likely to feel connected when there's a sense of shared experience

Taking the First Step

- ✓ Make eye contact or smile
- ✓ Use context or a compliment to start
- ✓ Find common ground!
- ✓ Lean into awkward silence

Skillfully Exit the Conversation

- Show appreciation for the conversation
- Offer an honest explanation for exiting
- Suggest keeping in touch
- Leave on a positive note (Ex.) *"It was great chatting with you!"*



The ongoing development and practice of intimacy, communication, and community with the people in our lives to foster belonging and connection.

HOW DO I RESOLVE CONFLICTS?

Have the Conversation at the Right Time

✓ Sober, Enough Time, Openness, Prepared

✗ Hungry, Angry, Tired, Lonely

Utilize breaks in your conversations if needed! Just make sure to set a time to return to the conversation.

Stay on One Topic

- Notice when you may be discussing two different topics at once. This is called switchtracking: when one person's emotional reaction to feedback changes the subject.
 - When it happens:
 - Stop
 - Name what's happening
 - Ask to focus on one topic first and then move on to the other topic

Use I-Statements

- When describing your emotions or thoughts, use the word "I" to do it.
- Statements that begin with "You" such as "You didn't do what you were supposed to" can put a person on the defensive. This often won't lead to an effective conversation.

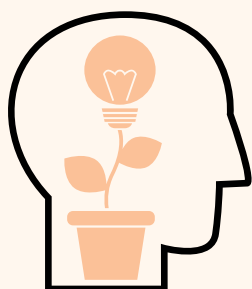
Take the 'And' Stance

- You can agree in part to what a person says
- Recognize that both stories have truth and rationality in them: "I understand why you responded with anger, and, it made me feel really unheard and scared"

DEVELOPMENTAL

Learning doesn't just happen in the classroom! Throughout our whole life we will be learning new skills and gaining valuable knowledge. **Life long learning** means learning takes place at all stages of life, and can be applied in school, the workplace, or in our personal lives as well.

As we seek out new skills and knowledge, it is important to adopt a growth mindset. **People with a growth mindset do not see challenges as setbacks, but rather as an opportunity to learn and grow!** Conversely, a fixed mindset entails the belief that intelligence and skills are static and unchangeable, leaving no space for growth or improvement.



VS



GROWTH MINDSET

"I can learn anything I want"

"I need to fail to learn"

"Challenges help me grow"

FIXED MINDSET

"I am either good at it or I'm not"

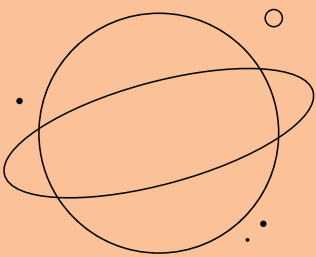
"When I fail I'm no good"

"I don't like to be challenged"

REFLECT:

When are you most in touch with a growth mindset? When do you fall into a fixed one?

While you are going through all of this learning and development, make sure to save time to self-reflect to think through all of your growth!



Commitment to learn new concepts, improve skills and strengths, and seek growth in pursuit of life-long self-understanding and growth

Want to learn a new skill but don't know where to start? Try starting small by using the Tiny Habits method! **Tiny habits is a behavior based method that focuses on small actions to gradually build habits.** This method is adaptable to any sort skill or behavior you would like to incorporate to your daily life!

The ABC's of Tiny Habits:

Anchor: An existing routine you already do to remind you of your new behavior

(Tiny) **Behavior:** A very simplified version of a new habit you want to incorporate into your life

Celebration: Something to create positive emotions following your new tiny habit!

So what does this look like?

- 1 Take any new habit you want and make it *really really* small.
 - EX: If my goal is to start reading more, my tiny habit would be to read at least 1 page every day. (note how specific it is)
- 2 Find a point in your already existing routine where you can implement this new behavior. It is easier to add new habits anchored on to something you already do in your routine.
 - EX: Every time I sit on the bus to go to class, I will open my book and read at least one page.
- 3 Celebrate your new tiny habit!
Anything that helps you feel good and successful will help wire in your new habit.
 - EX: After I read my one page on the bus, I will say "You got this!" to congratulate myself



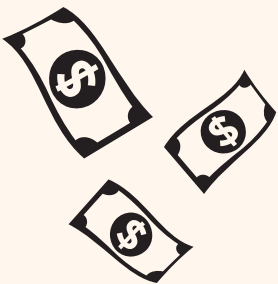


RESOURCES

For many, college is a time that brings newfound independence. With this comes the responsibility to manage our finances, resources, and time. Here are some ways to build your well-being when it comes to resources!

MONEY: BUILDING A BUDGET

One of the first steps of financial wellness is building and maintaining a budget, which allows us to track what we spend our money on. Not sure where to start? Try following these steps!



- 1

Tracking your expenses. Gather your past bank card records, or begin taking note of your purchases over a week or month. Then, write them down with the date the purchase was made, what category it falls under, and the amount you spent, following the template below.

EXPENSE TRACKER		
DATE	CATEGORY	AMOUNT SPENT
	Ex. Transportation (Bus, Uber, Gas)	
	Ex. Food (Groceries, Take-out)	
	Ex. Rent, Utilities, Bills	
	Ex. Health & Wellness	
	Ex. Savings or Debt Payments	
	Ex. Personal expenses	

Once you are tracking your expenses, start looking for **trends of where you're spending your money!**

Copy this chart down on a notebook or an online spreadsheet!

Learning to save, manage, and utilize our money, resources, and time in ways that support our larger goals, relational commitments, and personal values and health.

2 Defining Fixed and Variable Expenses.

- Fixed Expenses = Same cost monthly (rent, insurance, etc.)
- Variable Expenses = Cost varies monthly (food, fun, etc.)

Variable expenses are where you can most easily make adjustments to balance your budget!



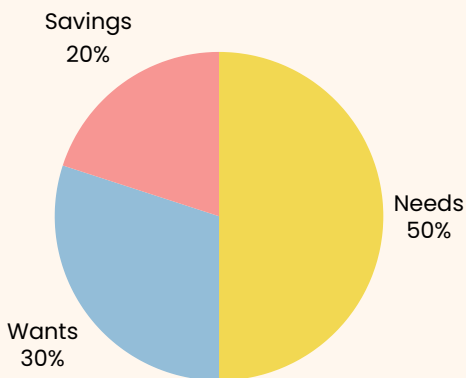
3 **Balance your budget.** Subtract your expenses from your income. A negative balance means that you are spending more than you have, and that it could be a good time to adjust spending habits.

4 **Plan and track your budget for the next month.** After reflecting on how you want to adjust your budget, plan for the coming month. Take note of your expected income, and expenses, and start considering saving!



Ask yourself:

What are some categories of my expenses that I **need** to keep spending on? Where can I cut back?



5 **Develop a savings plan.** Sometimes, it can be helpful to dedicate certain percentages of your income to different categories of expenses. One example is the 50:30:20 rule! Try whatever works best for you!

REMEMBER!

- Review your budget regularly.
- Forgive yourself for mistakes, then get back on track.

Want to learn more about saving, debt, student loans, taxes, and building credit? Check out our booklet on Financial Wellness!



RESOURCES

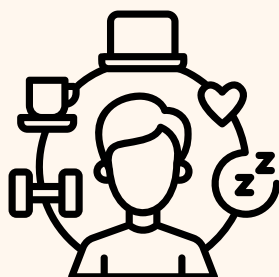
In the same way that we need to develop skills to manage our money, we need to invest time in managing our other resources, like materials, time, and energy.

MATERIALS: GETTING & STAYING ORGANIZED



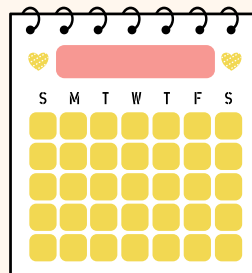
Use a planner

Planners can be helpful in visualizing tasks, deadlines, and progress on assignments. You can use virtual and paper planners, or both!



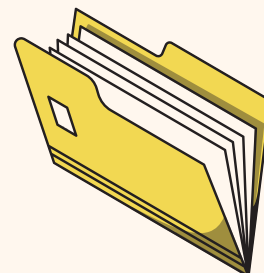
Build a routine

Try waking up/going to bed at around the same time, dedicating time to HW daily, and incorporating consistent self-care!



Plan ahead

Map out your deadlines and important events at the beginning of the week/month to ensure you have enough time to get your work done!



Tidy Up

Dedicate time weekly to organizing your room, workspace, and schoolbag. Also try going through your emails to make sure your inbox isn't cluttered.

TIME: FINDING WHAT WORKS

There are a variety of time management methods out there. Here are some options to play around with to find out what works best for you!



Eat the Frog

1. Identify your frog: your hardest and most important tasks for the day.
2. Eat them: do them first thing in the morning, and don't leave them for later.
3. Repeat every day.



Pomodoro Method

1. Choose a single task to focus on.
2. Set a timer for 25-30 minutes.
3. Work continuously until the timer goes off.
4. Take a 5-minute break.
5. Repeat steps 2-4 three or four times.
6. Take a longer break of 15-30 minutes.



Time Blocking

1. Divide your calendar into chunks of time.
2. Put all of your tasks, assignments, or chores in each chunk.
3. Work on each during the designated time throughout the day.

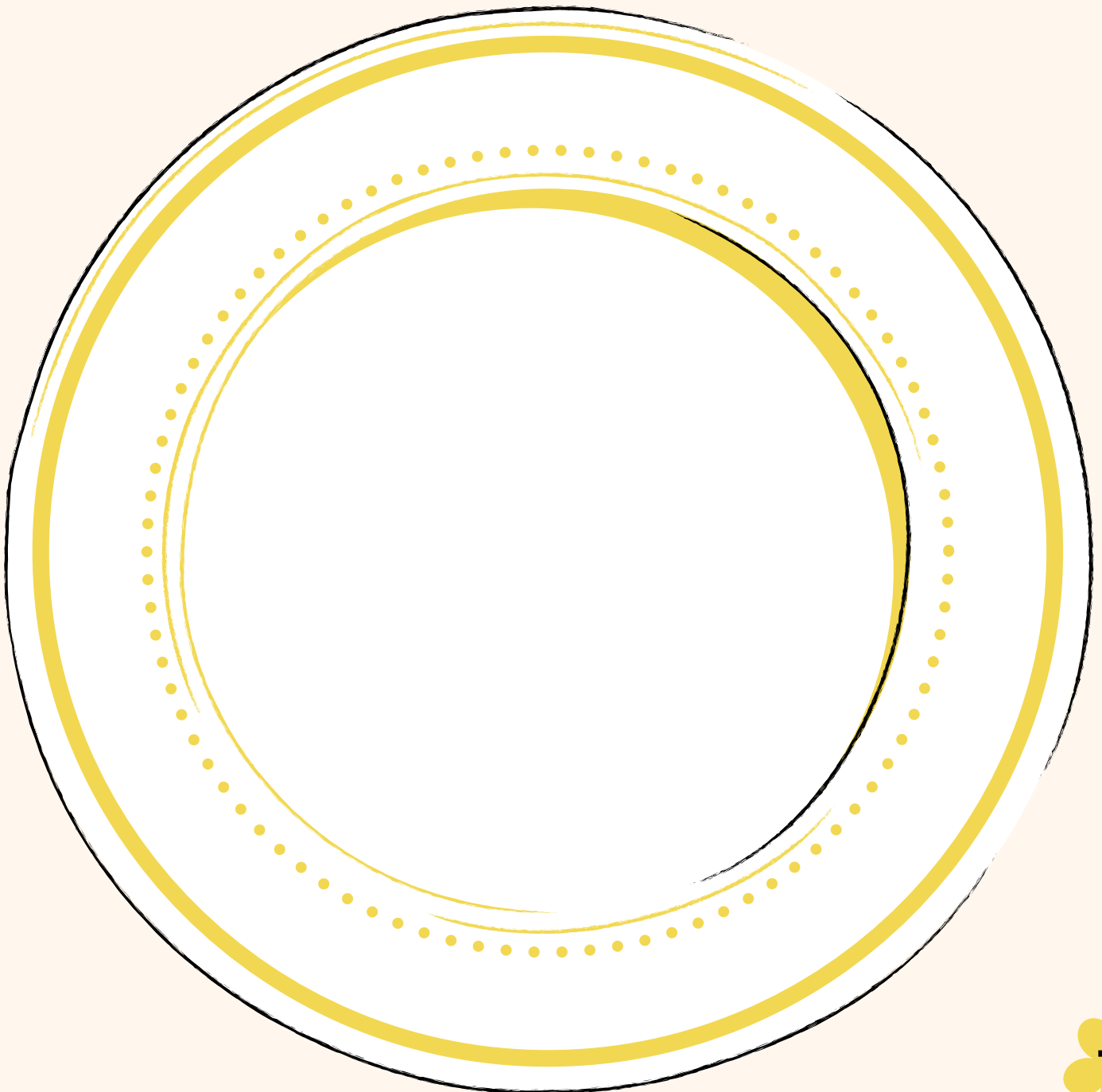
WHAT'S ON YOUR PLATE?



RESOURCES: BALANCING YOUR PLATE

Use this activity to reflect on what is taking up space in your life. On the plate below, write down all of the things that things you're thinking about, responsible for, or stressed about. Some examples include fun and personal enjoyment, friends and family, chores, work, homework, etc.

Try to make the items you list proportional in size to the amount of time you are dedicating to them. Is there anything you are over-investing time into? Is there anything you are neglecting?



PHYSICAL



There are many aspects of our physical health that intersect and can be impacted by our behaviors and environmental factors. Our physical health also does not stand alone: it is very closely tied with our mental health.

Sleep

Establishing a sleep routine where we are getting both enough hours of sleep and high quality sleep is essential for our physical, mental, and cognitive well-being. Young adults should aim to get **7-9 hours of sleep** a night.

- Waking up and going to sleep at the same time every day helps to establish routine and regulate your circadian rhythm.
- We can make the transition into sleep easier by reserving our bed for restful activities, avoiding blue light from screens before bed, and not consuming large meals or caffeine close to bed time.

Activity

Getting regular physical exercise is one of the most impactful ways we can regulate stress and improve our wellbeing. When we exercise, our level of **cortisol**, a stress hormone, is reduced and **dopamine and endorphins** increase, which activate the reward center of the brain and increase positive emotions.

Going to class and studying can be sedentary in nature. Some ways to incorporate movement into your day can include stretching during long study sessions, taking the stairs, or joining an intramural sports team!

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Engaging in behaviors and choices that help nurture our body and strengthen healthy relationships with food, movement, medicine, and rest.

Nutrition

Learning how to nourish ourselves is an important skill we develop as we transition into adulthood. Knowing how to hit our nutrient needs, and what purpose nutrients serve to key to our physical health.

Types of Nutrients:

- **Protein:** crucial for the building and recovery of muscles and organs
- **Fat:** important for long term energy, organ protection, satiety, and hormone health
- **Carbohydrates:** the primary source of energy used by our brain and body, since we can utilize it most efficiently
- **Micronutrients:** Vitamins and minerals that are essential for the chemical processes happening in the body (examples: Vitamins A, B, C, D, E, K, calcium, iron, magnesium)

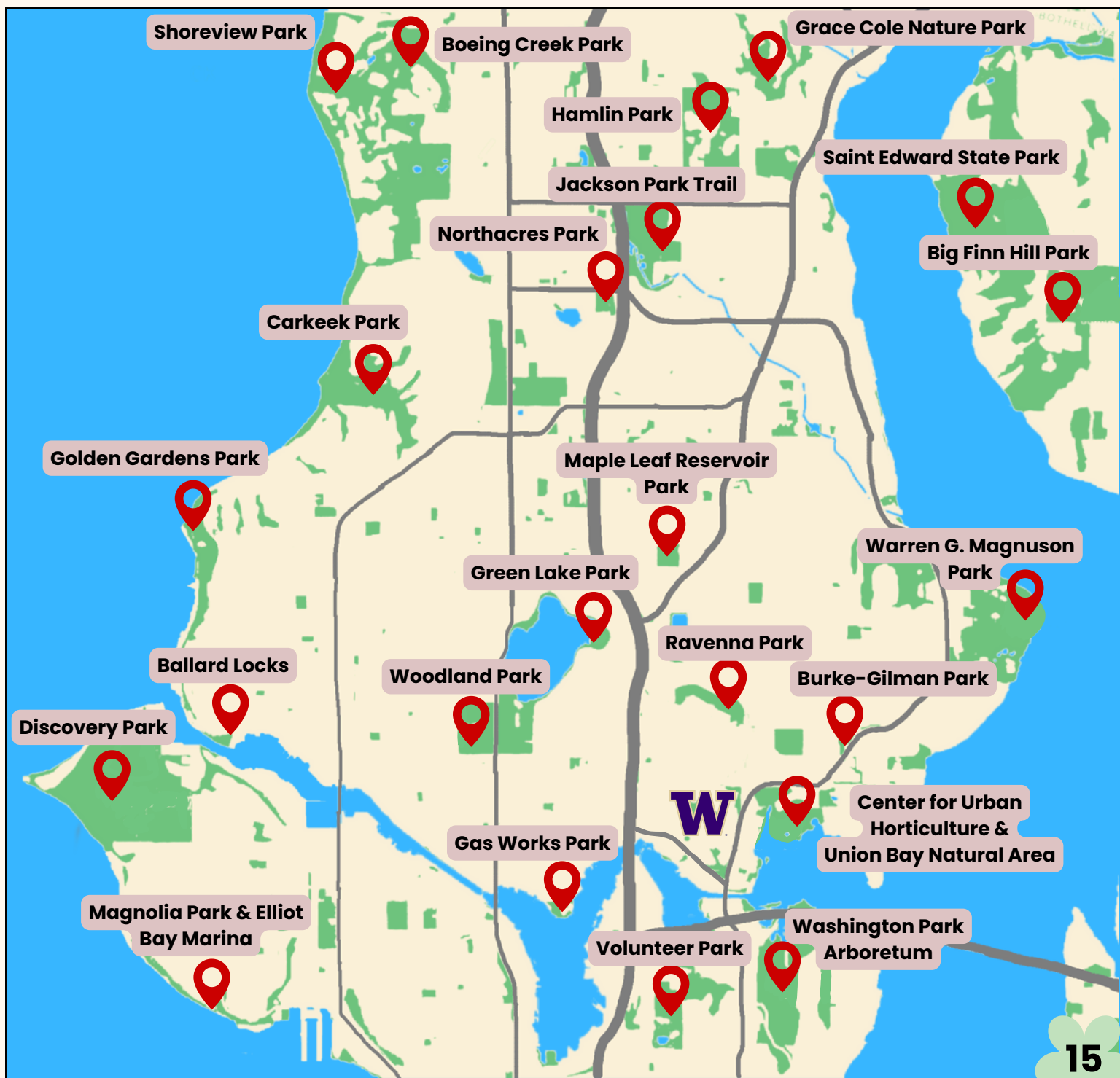
Many diets aim to cut out entire food groups, such as limiting fat or carbohydrates. However, research shows that all food groups are important parts of a balanced diet. One can likely meet all of their nutrition needs by focusing on eating a variety of foods and a balanced diet, which can alleviate anxiety over food and choice.

College students often feel anxiety about their food options because of not having kitchen access or being on a meal plan. Finding recipes that are made with college students in mind that require minimal equipment and ingredients can be a helpful tool. Our Reci-PHE cookbook includes recipes fellow students like to make!

GREEN SPACE MAP

DID YOU KNOW?

99% of Seattle residents live within a 10-minute walk of a park*. Seattle ranks #8 out of 100 U.S. cities in the ParkScore index, which accounts for park access, equity, acreage, investment, and amenities. Residents of cities high on the ParkScore index, are on average, 21% less likely to be physically inactive, and 9% less likely to suffer from poor mental health, than people living in lower-ranked cities.



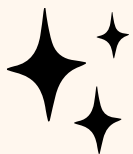
SLEEP REFLECTION

For 5 days, reflect on the quality and amount of sleep you are getting. A template is listed for you below:

	Night 1	Night 2	Night 3	Night 4	Night 5
Bed time					
Wake time					
How did you feel throughout the day? (ex: tired, energized, focused, etc)					

After completing the activity, reflect:

- Are you getting as much sleep as you would like?
- How do you think you would feel if you got as much sleep as you want?
- How can you change your routine to get more sleep?



EMOTIONAL

Stress, sadness, loneliness, frustration, and anxiety are normal emotions that people feel, especially when we are in times of change. Many students experience these feelings during college as we transition into adulthood and have new responsibilities and relationships in our lives. When we understand that our emotions are like information we can use to understand ourselves and how a situation is impacting us can help us decide how to move forward and cope with the ups and downs of life.



Emotional regulation is a skill we can develop!

- **Self efficacy** is the belief that we have the tools and ability to handle challenges that come our way. Believing we can cope with challenging emotions and move forward intentionally is the first step to doing it!
- **Journaling and reflection** can help us escape a spiral of negative thoughts and emotions. Remembering times in the past where we faced similar situations and reflecting on what helped in those situations can help us move forward intentionally.

Building the ability to reflect, identify, and effectively manage and communicate our thoughts and feelings in a manner that strengthen healthy relationships with food, movement, medicine, and rest.

Mindfulness:

The process of learning how to observe your thoughts, emotions, and bodily sensations with compassion and curiosity.

1 Check in with yourself.

Pay attention to how you are feeling in a moment of intense emotion. Acknowledge and accept your emotions, without allowing your emotions to overwhelm you.

2 Slow down.

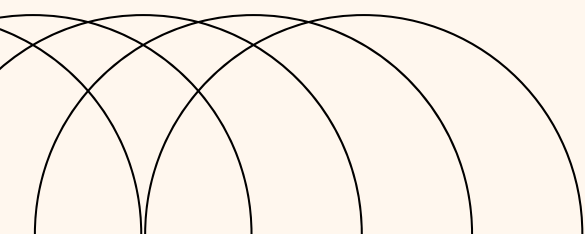
Give yourself time and space to process our emotions and reflect on why we are feeling them. Slowing down can take many forms, such as meditating, journaling, going for a walk, or anything that gives us space to be present in our mind and body.

3 Learn to practice resilience

Having a growth mindset allows us to not feel stuck or down when we face challenges. We can recognize that we are in control of how we respond to our emotions and make decisions that serve us best moving forward.

4 Self reflect

We will all face challenging situations, conflicts, and emotions, but if we take the time to self reflect and recognize patterns in ourselves, we can better how we see ourselves and the world around us.



WORK

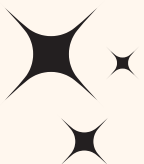
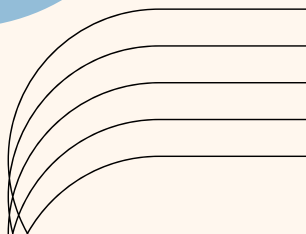


Work can mean a lot of different things, especially when we are in college. We can all benefit from having a better understanding of balance between work and play!

What can work look like?

- Being a full-time student
 - We put in nearly 40 hours a week into school work, such as being in the classroom, working on assignments, studying for exams, writing papers, etc.
- Part-time job
- additional income in order to help pay for tuition, rent, food, etc.
- RSO's!
- Running a club or being apart of an organization we are passionate about. It takes time and energy to strengtehn the sense of community at the university, and while we may not think of it as a traditional job, it has the same benefits and payout!
- Student Government
- Volunteering
- and many more!

This is a major part of who we are during our university time, and if we don't recognize that, it can be easy for us to fall down a rabbit hole of feeling like we aren't doing enough.





Engaging in behaviors that support balanced effort and personal fulfillment, whether paid or unpaid, while maintaining balance in our lives and wellbeing.

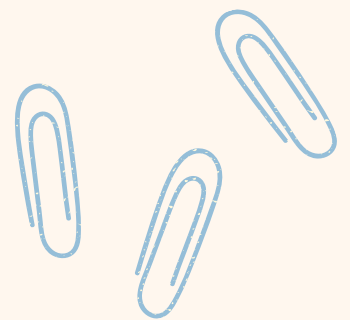
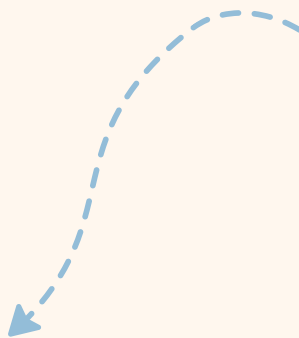
Now that we have gone over what work can look like for students, let's look at some skills we can have to help us find a sense of balance.

Doing what you love

Ultimately we will be spending a lot of time working in our lives, and as cliché as it sounds, doing something you are genuinely interested in can not only help pass the time, but help lower stress levels and make our job feel like a passion, and push us for bigger and better things

Finding Balance

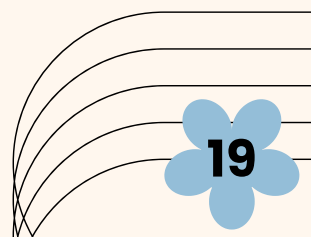
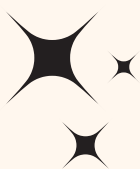
Many of us have heard this over and over again, and don't know what it even looks like. Luckily for us, there are multiple different ways we can find a balance, doing one or multiple of these things might be the best fit for you!



Setting boundaries

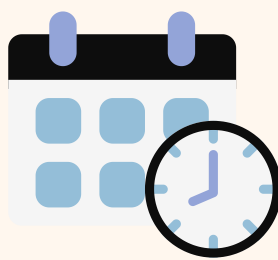
Setting personal goals and boundaries throughout our day can help us find that balance.

Maybe having a goal of being done with all your homework by 10pm so you can have some me time, or scheduling in breaks during your day to hang with friends!

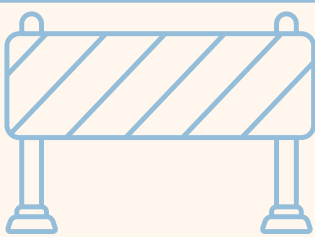


WORK

- **Make Dates:** instead of talking about wanting to spend time with ourselves/those we adore, actively scheduling something in advance is really useful!
 - Not only do you have something else to look forward to, but it can force us to stay on task in order to be removed from work without any worry when the time comes
- **Knowing yourself :** Our time is valuable, it is not a infinite resource, being able to recognize that is huge! This means that you aren't taking on too much for you to not be able to find a balance.
 - If you know you don't study well when around others, then scheduling time to 'grind away' on our work could be the most efficient method for us to use our time wisely in order to stick to our boundaries.



Everyone has a different workload and schedule, and everyone has a different pace. Understanding what your pace might be and playing into that will be the most effective use of our time!

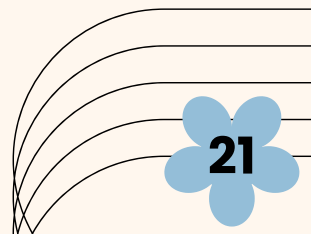
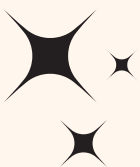


WORK Reflection

Take some time to write about the type of work you engage in. How much time does it take? Why do you do it? Is there any flexibility in it?



Now think about how you can create a balance in your work bubble. Is there any place where you might be spending too much time? Which skill could help?



SPIRITUAL



There is not one right way to define spirituality, as it will look different from person to person. Often, many people use the terms “spirituality” and “religion” interchangeably, when they are actually different concepts. While Religion can be a form of practicing spirituality, spirituality is all about connecting to something greater than oneself: finding meaning and purpose through life.

People who practice spirituality:

- Decreased stress
- More meaningful relationships
- Improved Emotional regulation



Here are some ways to start practicing spirituality!

- 5 minute mediation in the mornings or before bed
- Mindfulness walk, connecting with your breath, senses, and surroundings
- Journaling
- Connecting with nature
- Practicing gratitude/self-compassion

Exploring your spirituality is a deeply personal experience, so having the time to slow down and reflect can be a great way to get a deeper understanding about your own morals, values, and where you find meaning.

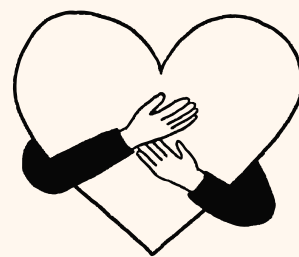
Ask yourself:

- What does spirituality mean to me?
- What are your values? How do they help guide decision you have?
- Where do I find meaning?

The development and practice of beliefs and behaviors that nurture our sense of meaning, morality, ethics, and personal values

You can use self-compassion as a way to practice spirituality! Self compassion allows us to look more inward and accept our imperfections as apart of the human experience, while extending kindness and understanding to oneself. But what does self-compassion look like exactly?

1. **Self-Kindness:** Treating yourself like the way you would treat a good friend. Embracing self-kindness involves respecting oneself, even in moments of mistake or difficulty, and offering support and encouragement rather than harsh self-judgment.



2. **Common Humanity:** Recognizing it is not abnormal to experience hardships or flaws – it's all part of the human experience. Rather than self-isolating when we are in periods of struggle, common humanity reminds us to strive for a sense of connection.

3. **Mindfulness:** Allowing you to notice suffering but to be with your suffering as it is. Be mindful and non-judgmental, rather than over-identifying, with any emotions you may be having.



Ways to practice self-compassion:

1. Letter of self compassion

- Think about something you don't like about yourself or want change, and write a letter to yourself from the perspective of someone who loves and cares about you

2. Compassionate Affirmations

- "I accept myself as I am"

3. Loving-Kindness meditations

ENVIRONMENTAL

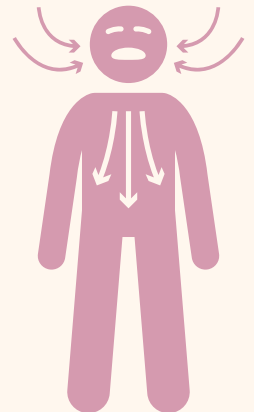
PHYSICAL

Our Natural Environment includes nature, as well as human made structures. Each day we make choices that impact the Spaces near and far. Given climate change in the anxiety it has produced as well as the hard choices and firm beliefs. People have here are some strategies to manage daily emotions on climate, anxiety, and act more for planets, health

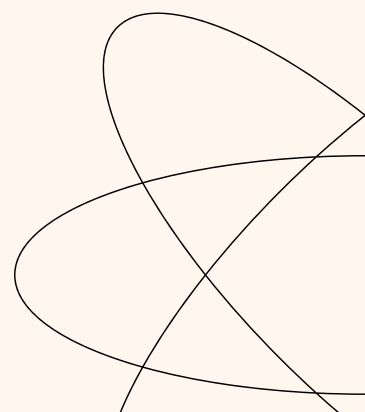
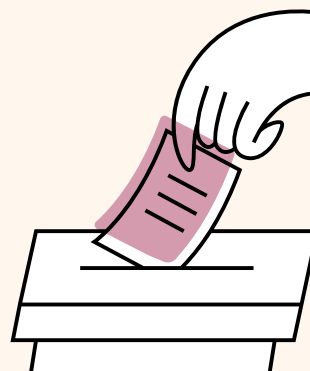
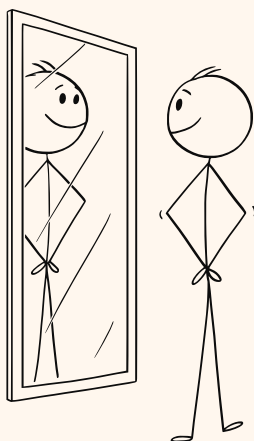


Coping Strategies

- Reflect and Identify what is in your control. This can be things like beliefs, actions, or personal spaces.
- Regulate everyday emotions: Take personal time to be in nature, meditate, notice your surroundings, and look for positive headlines
- Taking Action: Not only does this tackle climate change, it gives a feeling of control of a situation. And, being in a community working towards an end goal is a bonus!



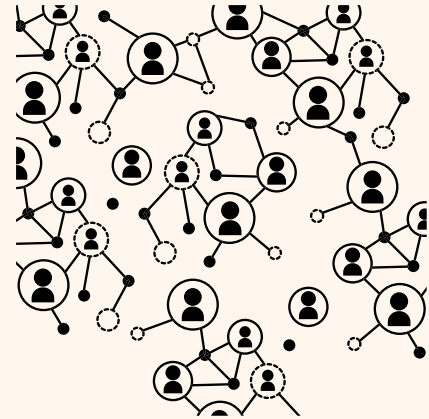
What are some other actions besides voting?



Recognizing and being responsible for the ways in which we have influence an impact on the environment, in communities that surround us, both in the physical and social

SOCIAL

As students, we are part of countless communities, including undergraduate graduate, professional premed, business, Greek life, RSO, sports family friends. These social connections, or what your shush and what we must cultivate ourselves.



How to Support your Community

1. **Yourself:** Emotional Regulation, self awareness, assertive communication. Know yourself to express your thoughts and emotions to the world through action
2. **Close Relationships:** Building trust and intimacy, clear communication, working through conflict, Respecting boundaries, to creating healthy and ever growing
3. **Larger Social Circles:** Social norms, managing uncertainties, and how we fit into our society

Each day we are impacted by our environments, and each day we influence the same environments with time, effort and attention. We play a role in helping our environments and communities grow and blossom.



Our wellbeing is comprised of many aspects of our health. While we may be in a period of life where we are putting more focus or work into one aspect of our wellbeing, we can keep in mind how finding balance between all the principles of our health is key to coping with life's ups and downs and moving through change.

On the next page, take a moment to reflect on how your personal well being wheel is balanced! For each category, make of note of:

- **something you are focused on in this category**
- **something that you want to focus on more, and how you can achieve this goal**



Relational	Developmental
Resources	Physical
Emotional	Work
Spiritual	Environmental

Want support with intentional change in any of these areas?

Make an appointment with our Peer Wellness Coaches!

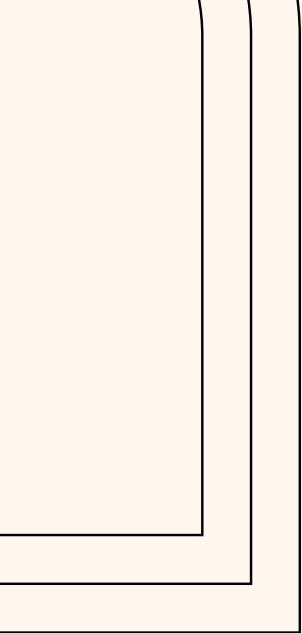
Peer Wellness Coaches are trained peer coaches who meet 1:1 with students for support on their well-being goals. Coaches can help you make intentional change and solve problems effectively.

Learn more or make an appointment at:

[**livewell.uw.edu/pwc**](https://livewell.uw.edu/pwc)



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at
fiveell.nw.edu

