



Roots of Wellness

Self-Reflection



The following worksheet is an opportunity for you to pause, reflect, and check in on your seven **Roots of Wellness**. You can use this reflection to think about how each root is impacting your well-being at this point in time. Know that the way we are feeling and the factors affecting our well-being are dynamic and often malleable. We can use this reflection exercise both to think about the **ways we take care of ourselves** and to **deepen our understanding** of the internal and external factors that impact our well-being.

Each section lists **self-care practices** or activities that support that particular dimension of wellness. The lists

are not exhaustive, so if there is something else you do to nourish that root, go ahead and write it down. As you read and respond, **observe your inner dialogue**. This activity is not about prompting “shoulds” or other forms of critical self talk. Rather, it is a tool for reflecting on what we can do to **care** for our complex, dynamic, growing selves.

Mark statements that you do in each area:



I do this regularly

I do this occasionally / I'd consider trying this

1 Physical Self-Care

- ☐ Eat regularly (i.e. breakfast, lunch, and dinner)
- ☐ Eat nutritious foods
- ☐ Exercise/stay active
- ☐ See a physician annually for preventive care
- ☐ Get medical care when needed
- ☐ Take time off when sick/injured
- ☐ Get a massage (from a friend/partner/professional)
- ☐ Dance, swim, run, walk, play sports, kayak (fun physical activity)
- ☐ Take time for sexual intimacy (with yourself or with a partner)
- ☐ Get 7-8 hours of sleep a day
- ☐ Wear clothes you like
- ☐ Shower/maintain hygiene
- ☐ Get your hair cut/styled
- ☐ Other _____

2 Intellectual Self-Care

- ☐ Make quiet time to complete homework
- ☐ Identify classes/projects that are exciting and rewarding
- ☐ Arrange study space to be comfortable, comforting
- ☐ Seek regular assistance (tutor, Dean, faculty)
- ☐ Take a break during the day (lunch, nap, walk)
- ☐ Set boundaries about how many activities you're involved with
- ☐ Engage your intellect in new areas (attend a cultural event, theater, read a book on something new, learn about a friend's favorite sport)
- ☐ Take time and be open to talk with other classmates about how they are doing (in class & in general)
- ☐ Balance your workload so that no one day or part of your day is just too much
- ☐ Meet with your professors during office hours
- ☐ Other _____

3 Spiritual Self-Care

- ☐ Be open to inspiration
- ☐ Cherish your optimism and hope
- ☐ Be open to not knowing
- ☐ Identify what is meaningful to you and notice it's place in your life
- ☐ Meditate/Pray
- ☐ Sing or make music
- ☐ Have experiences of awe (perhaps in nature)
- ☐ Read, listen to or watch inspirational stories, quotes, music, videos, podcasts, blogs, etc.
- ☐ Find a spiritual connection or community
- ☐ Choose work that aligns with your values
- ☐ Reflect and act intentionally
- ☐ Other _____

4 Environmental Self-Care

- ___ Appreciate the non-materialistic aspects of life
- ___ Be aware of waste you create
- ___ BYO utensils, mugs, cups
- ___ Walk/bike instead of driving when going short distances
- ___ Contribute to a community cause you believe in
- ___ Turn off lights, TV, etc. when you are not in a room
- ___ Unplug devices when you are done using them
- ___ Keep your living environment clutter-free, clean
- ___ Aware of your impact on the social environment in any situation and in your community
- ___ Express gratitude to those whose work supports the community you are part of
- ___ Make good use of the items you purchase/own
- ___ Other _____

5 Emotional Self-Care

- ___ Make time away from phone/internet/email
- ___ Notice inner experiences (observe thoughts, beliefs, attitudes, feelings)
- ___ Write in a journal
- ___ Reflect upon and support your identity
- ___ Seek out things that bring you joy
- ___ Allow yourself to cry when you feel it coming
- ___ Express outrage and anger in healthy ways (artwork, therapy, talking with friends, activism, getting active, etc.)
- ___ Talk to someone (counselor, psychologist, friend, family) about how you are doing and feeling
- ___ Do something where you aren't in charge/an expert
- ___ Say "no" to extra responsibilities
- ___ Give yourself affirmations/praise
- ___ Find things that make you laugh, smile, or just feel good
- ___ Other _____

6 Social Self-Care

- ___ Schedule regular dates with friends and significant others
- ___ Surround yourself with people who care about you
- ___ Make time for connecting with family (given or chosen)
- ___ Stay connected with important people outside of Dartmouth
- ___ Spend some time alone every day
- ___ Make time to reply to personal emails, texts, & calls
- ___ Allow others to do things for you sometimes
- ___ Reflect on relationships and whether they make you someone you like to be
- ___ Reach out and meet new people
- ___ Ask for help from friends/family/mentors when you need it
- ___ Other _____

7 Financial Self-Care

- ___ Track spending to stay within a budget
- ___ Track transactions to be aware of how you spend
- ___ Meet with a financial advisor, accountant, insurance officer to understand your finances
- ___ Seek guidance or assistance from someone (advisor, parent, etc.) if unsure about something
- ___ Consider "need" vs "want" when making expensive purchases
- ___ Prioritize spending that supports your basic needs (food, hygiene, healthcare, warm clothes, etc.)
- ___ Spend within your means without often borrowing money and using credit
- ___ Make thoughtful purchases
- ___ Put money in savings, stocks, bonds, etc.
- ___ Have insurance (health, car, etc.)
- ___ Other _____

Reflection Questions:

Which roots do you feel are strong for you?



Which roots needs watering?



Which roots tend to intertwine with the roots of others?



What other patterns do you observe in your responses?

