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 ____________________
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 _____________________

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 _____________________

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 _____________________

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 _____________________

Reflection Questions:
Which roots do you feel are strong for you?
Which roots need watering?
Which roots tend to intertwine with the roots of others?
What other patterns do you observe in your responses?