

# Wellness Report Card and Resiliency Plan

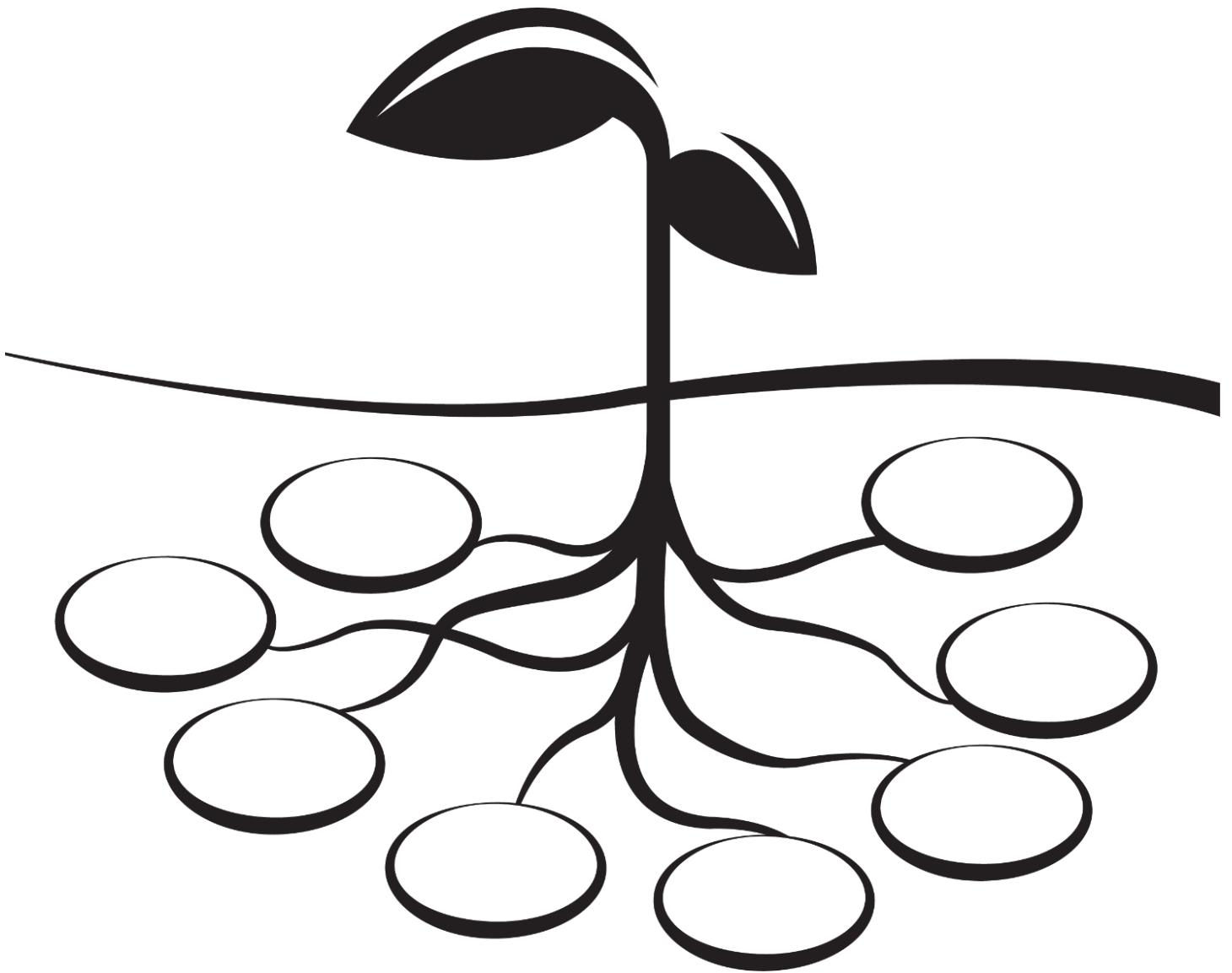
**SAMHSA's 8 Domains of Wellness:** A Whole-Person, Strength-Based Approach. Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.



Take a moment to review the following descriptions and then give yourself an alphabetical grade A-F for each domain based on how well you currently see yourself doing in each domain:

Domain	Grade
<b>Occupational:</b> Personal satisfaction and enrichment from one's work	
<b>Emotional:</b> Coping effectively with life and creating satisfying relationships	
<b>Financial:</b> Satisfaction with current and future financial situations	
<b>Physical:</b> Recognizing the need for physical activity, healthy foods, and sleep	
<b>Environmental:</b> Enjoying good health by occupying pleasant, stimulating environments that support well-being	
<b>Social:</b> Developing a sense of connection and belonging; and having a [good] support system	
<b>Intellectual:</b> Recognizing creative abilities and finding ways to expand knowledge and skills	
<b>Spiritual:</b> Expanding one's sense of purpose and meaning in life	

Thinking about the 8 domains, what might be some things you could incorporate into your life to increase your overall wellness and resiliency? At this point you are just brainstorming so try to fill each oval with some idea...



From there, what are 2 action steps you could commit to taking in the next week?

1. \_\_\_\_\_

2. \_\_\_\_\_