

# Navigating Uncertainty Through Wellness Self-Care

## LIFE TODAY CAN FEEL OVERWHELMING.

Things like world events and personal struggles can be emotionally draining, leaving many people feeling lonely and tired. Difficult situations and the pressures of modern living can make it harder to care for others and can also harm our own ability to stay balanced, healthy, and hopeful.

It is more important than ever to make time for our own well-being. Taking care of your personal wellness is a smart way to handle stress, avoid burnout, and build the strength you need to get through tough times.



## THE 8 DIMENSIONS OF WELLNESS

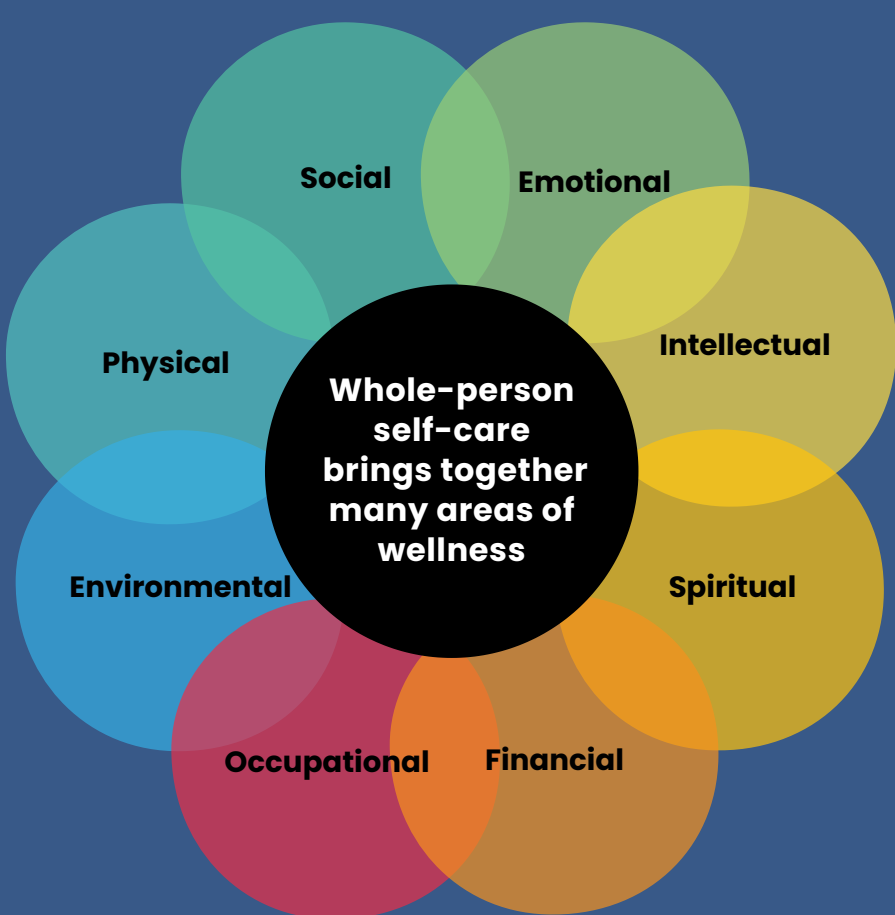
Is a whole-person approach to understanding how our physical, emotional, social, intellectual, spiritual, financial, work, and environmental lives are all connected. Taking care of yourself in each of these areas can help:

- Prevent burnout
- Build resilience
- Regulate emotion

*This is not a one-size-fits-all approach. It's about finding what works for you. Small, meaningful habits you do each day can support your overall wellness.*



*Click for a presentation on the 8 Dimensions!*



## CREATING WELLNESS SELF-CARE HABITS

Journaling helps you process your thoughts, experiences, and emotions. It can involve reflecting on goals, thought patterns, and appreciation for small moments. It can also help you find an outlet for creativity.

### Gratitude Journaling



*Click the icons for additional resources on each habit!*



### Mindfulness

Mindfulness is a state of attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them. Mindfulness means living in the moment and awakening to experience.

Simple relaxation techniques like breathing exercises, muscle relaxation, and visualization can be used to effectively manage stress and improve overall wellness.

### Relaxation Techniques



### Quality Sleep

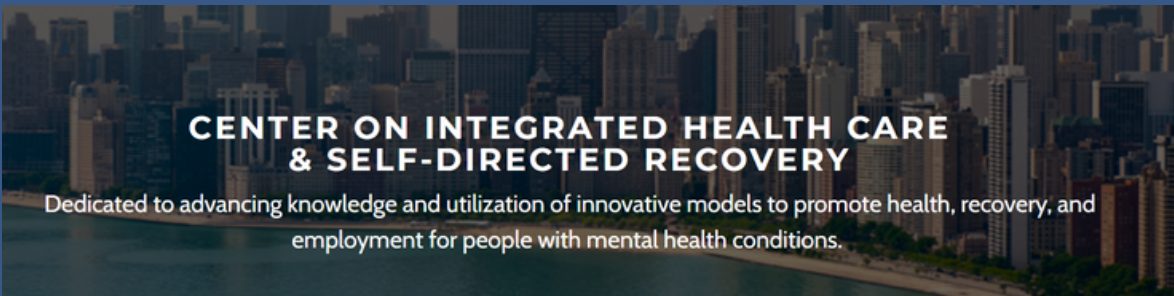
The types of activities you do each day (and when you do them) can impact your ability to get a restful night's sleep, which affects your overall well-being.

Yoga is a type of exercise for both the body and mind that began in ancient India. It uses movements, breathing, and relaxation or meditation to help people feel better.

### Yoga



### BROUGHT TO YOU BY:



### SOURCES:

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Wellness Activities Manual: A Guide for Group Leaders: <https://www.center4healthandsdc.org/wellness-activities.html>