

MENTAL HEALTH AWARENESS FOR ADMINISTRATORS AND SCHOOL STAFF PRESENTED BY CDE HEALTH + WELLNESS UNIT

PHYSICAL

THE THINGS I DO TO TAKE CARE OF MY BODY IN HEALTHY WAYS.
EXAMPLES INCLUDE:

- SLEEP
- NUTRITION
- EXERCISE
- REGULAR HEALTH CARE VISITS.



HOW WELL DO YOU TAKE CARE OF YOURSELF PHYSICALLY? IDENTIFY THREE ACTIVITIES THAT YOU CURRENTLY DO AND/OR PLAN TO ENGAGE IN FROM THIS POINT FORWARD TO TAKE CARE OF YOURSELF PHYSICALLY.



EMOTIONAL

THE THINGS I DO TO TAKE CARE OF MY FEELINGS IN HEALTHY WAYS.
EXAMPLES INCLUDE:

- MAINTAINING SUPPORT SYSTEMS (PROFESSIONAL & PERSONAL)
- COUNSELING &/OR THERAPY AS NEEDED
- JOURNALING
- TALKING ABOUT FEELINGS IN HEALTHY WAYS



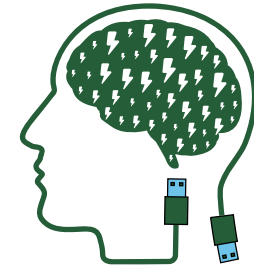
HOW WELL DO YOU TAKE CARE OF YOURSELF EMOTIONALLY? IDENTIFY THREE ACTIVITIES THAT YOU CURRENTLY DO AND/OR PLAN TO ENGAGE IN FROM THIS POINT FORWARD TO TAKE CARE OF YOURSELF EMOTIONALLY.



COGNITIVE

THE THINGS I DO TO TAKE CARE OF MY MIND AND UNDERSTAND MYSELF BETTER.
EXAMPLES INCLUDE:

- READING FOR PLEASURE OR WORK
- WRITING
- ENGAGING IN CONTINUED EDUCATION FOR ADDITIONAL KNOWLEDGE/SKILL.



HOW WELL DO YOU TAKE CARE OF YOURSELF PSYCHOLOGICALLY? IDENTIFY THREE ACTIVITIES THAT YOU CURRENTLY DO AND/OR PLAN TO ENGAGE IN FROM THIS POINT FORWARD TO TAKE CARE OF YOURSELF PSYCHOLOGICALLY.



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SOCIAL

THE THINGS I DO IN RELATION TO OTHERS AND THE WORLD AROUND ME. EXAMPLES INCLUDE:

- SPENDING TIME WITH FRIENDS FAMILY AND COLLEAGUES YOU ENJOY
- BELONGING TO GROUPS AND ACTIVITIES THAT ENCOURAGE POSITIVE SOCIAL CONNECTIONS.



HOW WELL DO YOU TAKE CARE OF YOURSELF SOCIALLY? IDENTIFY THREE ACTIVITIES THAT YOU CURRENTLY DO AND/OR PLAN TO ENGAGE IN FROM THIS POINT FORWARD TO TAKE CARE OF YOURSELF SOCIALLY.

FINANCIAL

THE THINGS I DO TO SPEND AND SAVE RESPONSIBLY. EXAMPLES INCLUDE:

- BALANCING A CHECKING ACCOUNT/BEING MINDFUL OF SPENDING & SAVING
- PLANNING FOR THE FUTURE
- SPENDING MONEY IN THOUGHTFUL AND PRODUCTIVE WAYS.



HOW WELL DO YOU TAKE CARE OF YOURSELF FINANCIALLY? IDENTIFY THREE ACTIVITIES THAT YOU CURRENTLY DO AND/OR PLAN TO ENGAGE IN FROM THIS POINT FORWARD TO TAKE CARE OF YOURSELF FINANCIALLY.

SPIRITUAL

THE THINGS I DO TO GAIN PERSPECTIVE ON MY LIFE. EXAMPLES INCLUDE:

- PRAYER
- MEDITATION
- CONTACT WITH NATURE
- CONNECTION WITH GOD OR A HIGHER POWER
- PARTICIPATING IN WORSHIP WITH A COMMUNITY



HOW WELL DO YOU TAKE CARE OF YOURSELF SPIRITUALLY? IDENTIFY THREE ACTIVITIES THAT YOU CURRENTLY DO AND/OR PLAN TO ENGAGE IN FROM THIS POINT FORWARD TO TAKE CARE OF YOURSELF SPIRITUALLY.

