

Wellness Strategy Examples

Strategy	What it does
Ex. Take a walk every night after dinner	Reduces stress Allows for quality time with spouse
Make a scrapbook	Reminisce
Paint inspirational mural	Took mind off problems
Say no, not be a perfectionist	Takes care of self first
Play, interact, care for a child	Feel safe about the child's reaction
Volunteer	Care for others
Develop behavior modification plan	Help love and reward yourself
Reading novels/magazines	Escape from the present
Talking to others	Get other viewpoints
Serve on boards, do something	Keep busy
Keep list of accomplishments "Pride Piece"	Helps to see what you have accomplished when you are depressed
Go online to illness-specific web sites	Educate yourself
Human touch: Massage	Release stress
Watch comedy	Entertainment/escape
Hugs	Power of connection
Prayer partner	Gives you someone to listen
Talking to others: friends and professionals	Release of emotions and feelings
Helping others	Sense of pride and helpfulness
Laughing out loud	Brings joy
Crafts	Enjoyment
Bake	Focusing on a task, completion and accomplishment
Exercise	Release endorphins, feel better
Educate others about illness	Give knowledge/reduce stigma
Sing and dance	Feel relaxed and free
Pray, go to church	Feeling of spirituality and serenity
Meet with same people 2x a week	Gives a sense of purpose
Foster home and elderly volunteer	They are non-judgmental
Combine music with spirituality	Reach out and receive support
DBSA support group	Social time
Meditation	Get centered
Tai-chi	Relieves hyperactivity
Listen to therapy CD	Gives a sense of calmness
Be a facilitator for DBSA chats or support group	Helping and being involved
Pet therapy	Prevents loneliness
Second Opinion	Ensures that both diagnosis and prescriptive advice is accurate and appropriate
Work to maintain normal sleep patterns	Maintains personal equilibrium and helps stabilize energy
Don't do TOO much socializing	Helps with sleep Helps with relationships Helps with classes/work
Accept your illness	Allows you to move forward toward wellness
Find a provider that will help YOU make YOUR treatment plan	Ensures that the treatment options you are using are right for YOU
Try taking just one course first	Tests out the "waters" of college to make sure that you are healthy enough to succeed

Take a break from school	Allows you to step back, get health back in order, and then once re-grouped, go back to school and continue.
Manage your many goals by -Break goals down by areas of your life -Start with the easiest -Start with the most important to you -Keep a running list of all of your goals -Eliminate goals “for someone else”	Helps you manage tension between the many things that you want to accomplish and the challenges that your illness presents