

A Plan to Develop

HEALTHY HABITS



UBC

Campus
Wellness and
Education



01

Wellness and Wellbeing

02

UMatter Wellness Self-Assessment

03

Develop your healthy habits plan

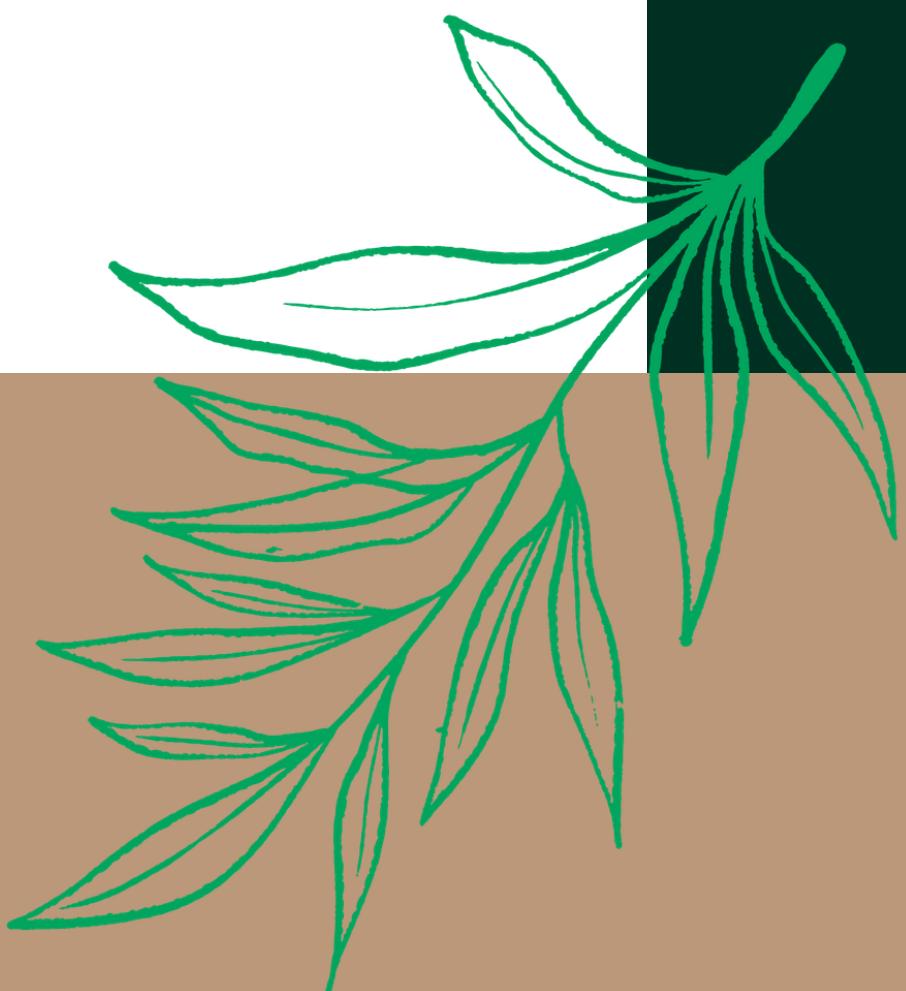


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WELLBEING OR WELLNESS?



Wellbeing is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. Wellbeing encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose. Focusing on wellbeing supports the tracking of the equitable distribution of resources, overall thriving and sustainability. A society's well-being can be determined by the extent to which it is resilient, builds capacity for action, and is prepared to transcend challenges ([Glossary of Terms 2021](#)).

Wellness is something different. It is a tool that we have. It is not merely the absence of illness or distress – it is striving for positive physical, mental and social wellbeing. It is a lifelong process of making decisions that support a more balanced life to maximize your potential. It is a tool you have that can maximize your academic career. There are always opportunities for enhancing your wellness and it starts with self-reflection and setting goals. You can use this self-assessment tool to determine the areas of wellness (emotional, environmental, intellectual, occupational, physical, social, and spiritual) where you are thriving, as well as those that may need greater attention. Taking this assessment will also help you to reflect on components of health that you may not have considered before.

Let's think about our wellness!

On the following pages, you will find a self-assessment tool to determine the areas of wellness (emotional, environmental, intellectual, occupational, physical, social, and spiritual) where you are thriving, as well as those that may need greater attention. Taking this assessment will also help you to reflect on components of health that you may not have considered before.

INSTRUCTIONS

1. Answer all the questions for each of the seven wellness dimensions.
2. Tally your points for each section and use the guide to interpret the scores.
3. Complete a Take Action Plan.

(The Princeton UMatter Wellness Self-Assessment is a tool created by Princeton University's UMatter initiative. It is intended for individual level self-reflection and goal-setting. In its current form, it is not a validated tool and should not be used for research or diagnostic purposes. It is not an objective assessment of wellness, but rather individual perception of wellness. Permission for appropriate use is required.)

Emotional

Emotional Wellness: understanding your own feelings and expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges

	Never	Rarely	Sometimes	Usually
1. I find it easy to express my emotions in positive, constructive ways	1	2	3	4
2. I recognize when I am stressed and take steps to manage my stress(e.g., exercise, quiet time, meditation)	1	2	3	4
3. I am resilient and can bounce back after a disappointment or problem	1	2	3	4
4. I am able to maintain a balance of work, family, friends and other obligations	1	2	3	4
5. I am flexible and adapt or adjust to change in a positive way	1	2	3	4
6. I am able to make decisions with minimal stress or worry	1	2	3	4
7. When I am angry, I try to let others know in non-confrontational or non-hurtful ways	1	2	3	4

Total: _____

Environmental

Environmental Wellness: recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

	Never	Rarely	Sometimes	Usually
1. I recognize the impact of my actions on my environment	1	2	3	4
2. I recognize the impact of my environment on my health	1	2	3	4
3. I am aware of and make use of campus health, wellness, and safety resources	1	2	3	4
4. I practice environmentally conscious behaviors (e.g., recycling)	1	2	3	4
5. I seek out ways to improve the social environment at UBC Okanagan	1	2	3	4
6. I contribute towards making my environment a safer and healthier place	1	2	3	4
7. I surround myself with people who support me in my journey of being healthy and well	1	2	3	4

Total: _____

Intellectual

Intellectual Wellness: engaging in creative and mentally-stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

	Never	Rarely	Sometimes	Usually
1. I am curious and interested in the communities, as well as the world, around me	1	2	3	4
2. I search for learning opportunities and stimulating mental activities	1	2	3	4
3. I manage my time well, rather than it managing me	1	2	3	4
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks	1	2	3	4
5. I enjoy learning about subjects other than those I am required to study/in my field of work	1	2	3	4
6. I seek opportunities to learn practical skills to help others	1	2	3	4
7. I can critically consider the opinions and information presented by others and provide constructive feedback	1	2	3	4

Total: _____

Occupational

Occupational Wellness: getting personal fulfillment from your job or academic pursuits, and contributing to knowledge and skills, while maintaining a work-life balance

	Never	Rarely	Sometimes	Usually
1. I get personal satisfaction and enrichment from work	1	2	3	4
2. I believe that I am able to contribute my knowledge, skills, and talents at work	1	2	3	4
3. I seek out opportunities to improve my knowledge or skills	1	2	3	4
4. I balance my social life and job responsibilities well	1	2	3	4
5. I effectively handle my level of stress related to work responsibilities	1	2	3	4
6. My work load is manageable	1	2	3	4
7. I explore paid and/or volunteer opportunities that interest me	1	2	3	4

Total: _____

Physical

Physical Wellness: making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety

	Never	Rarely	Sometimes	Usually
1. I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).	1	2	3	4
2. I get 6-8 hours of sleep each night	1	2	3	4
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.)	1	2	3	4
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC < .06	1	2	3	4
5. I avoid using tobacco products or other drugs	1	2	3	4
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)	1	2	3	4
7. I get regular physical exams (i.e., annual, when I have atypical symptoms)	1	2	3	4

Total: _____

Social

Social Wellness: building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict

	Never	Rarely	Sometimes	Usually
1. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others	1	2	3	4
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices	1	2	3	4
3. I feel supported and respected in my close relationships	1	2	3	4
4. I communicate effectively with others, share my views and listen to those of others	1	2	3	4
5. I consider the feelings of others and do not act in hurtful/selfish ways	1	2	3	4
6. I try to see good in my friends and do whatever I can to support them	1	2	3	4
7. I participate in a wide variety of social activities and find opportunities to form new relationships	1	2	3	4

Total: _____

Spiritual

Spiritual Wellness: having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life, and acting in alignment with those beliefs

	Never	Rarely	Sometimes	Usually
1. I take time to think about what's important in life – who I am, what I value, where I fit in, and where I am going	1	2	3	4
2. I have found a balance between meeting my needs and those of others	1	2	3	4
3. I engage in acts of caring and goodwill without expecting something in return	1	2	3	4
4. I sympathize/empathize with those who are suffering and try to help them through difficult times	1	2	3	4
5. My values are true priorities in my life and are reflected in my actions	1	2	3	4
6. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community)	1	2	3	4
7. I feel like my life has purpose and meaning	1	2	3	4

Total: _____

Calculate Your Score

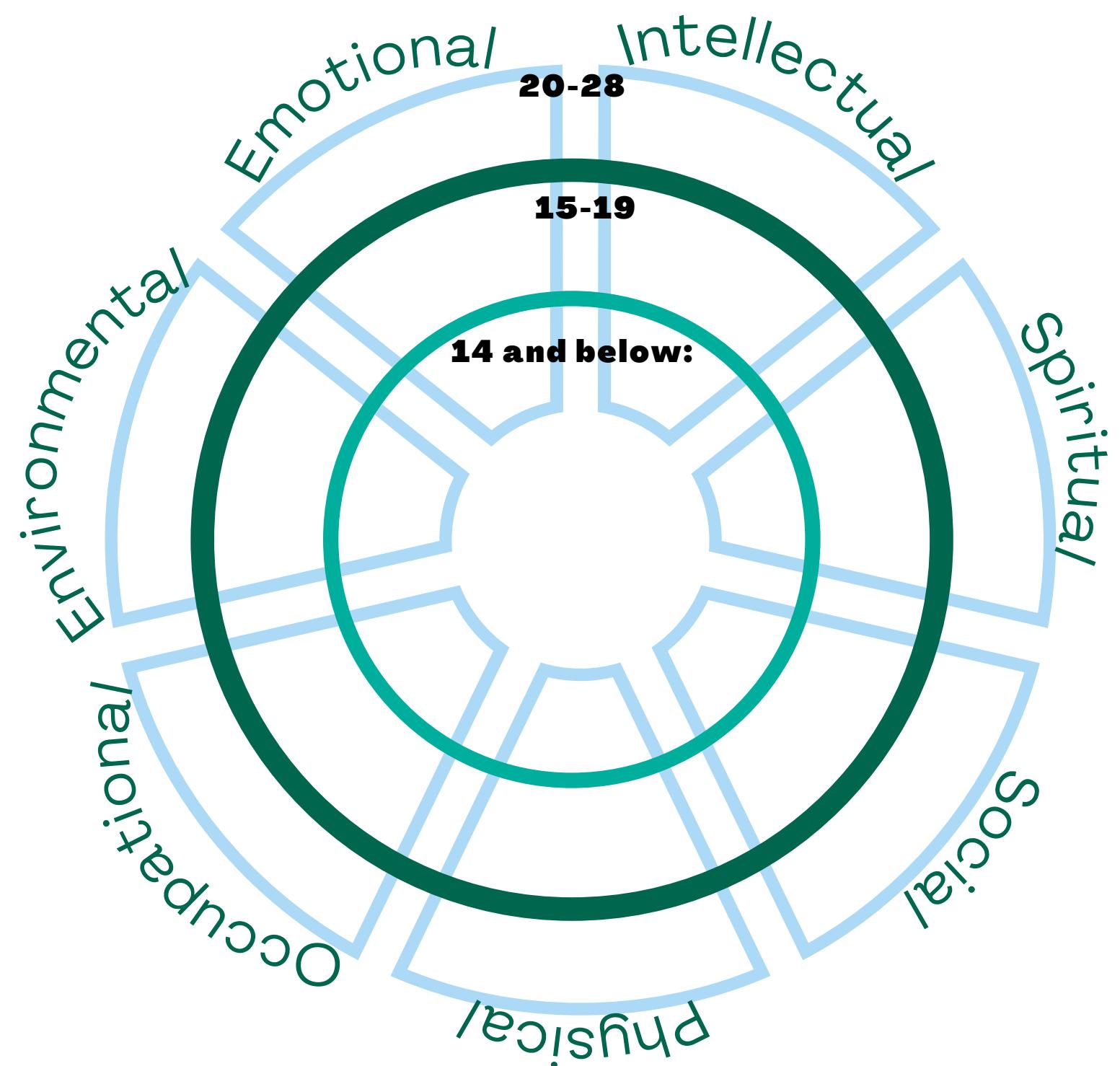
Wellness Dimension	Ideal Score	My Score
Emotional Wellness	28	
Environmental Wellness	28	
Intellectual Wellness	28	
Occupational Wellness	28	
Physical Wellness	28	
Social Wellness	28	
Spiritual Wellness	28	

Scores of 20-28: Outstanding! Your answers demonstrate that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high.

Scores of 15-19: Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.

Scores of 14 and below: Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review resources provided in today's wellness resources handout to help you develop and set achievable goals.

GRAPH YOUR SCORE!



TO FLOURISH, ALL ASPECTS OF OUR WHEEL NEED TO BE FULL! WHERE DO YOU NEED GROWTH?

DAILY SELF CARE

We are all faced with unique gifts and challenges and no two people have the same self-care needs. Take a moment to consider what you value and need in your everyday life that will contribute to your wellness. What are you currently doing to support your wellness in a day-to-day basis? Use the table below to consider what you might need to add to your wellness plan!

Emotional Wellness: Making time to relax, reduce stress, and take care of yourself. Paying attention to both positive and negative feelings and understanding how to handle these emotions. For example: <ul style="list-style-type: none">◦ Practice mindfulness◦ Start a gratitude journal◦ Pay attention to self-talk and shift toward positive self-talk◦ Track emotions daily to look for patterns and possible triggers◦ Consider accessing life coaching or counselling as needed.	Physical Wellness: Taking care of your body through physical activity, nutrition, sleep, and mental well-being. For example: <ul style="list-style-type: none">• Engage in some form of physical activity every day for at least 30 minutes• Eat a variety of healthy foods• Get an adequate amount of sleep every night (7–9 hours)• Learn how to take care of your health such as making medical appointments• Ensure you are not using alcohol or other drugs in ways that compromise your health.
Environmental Wellness: Taking care of what is around you. Living in harmony with the Earth by taking action to protect it and respecting nature and all species. For example: <ul style="list-style-type: none">• Spend time in nature• When possible, travel by walking, riding your bike, or taking public transportation• Recycle and compost• Use reusable water bottles and shopping bags	Social wellness: Taking care of your relationships and society by building healthy, nurturing, and supportive relationships and fostering a genuine connection with those around you. For example: <ul style="list-style-type: none">• Make an effort to keep in touch with individuals who are supportive• Practice active listening skills• Join a club or an organization to meet new people• Be mindful of commitments you make – know your limitations (don't spread yourself too thin)
Occupational Wellness: Expanding your knowledge and creating strategies to support continued learning. For example: <ul style="list-style-type: none">◦ Access the Student Learning Hub◦ Create a study schedule and plan ahead◦ Form a study group◦ Connect with a mentor to further your understanding of career ideas◦ Review your short- and long-term career goals regularly to make sure you are on track	Intellectual wellness: Being open to exploring new concepts, gaining new skills, and seeking creative and stimulating activities. For example: <ul style="list-style-type: none">• Try a new activity at school or in the community• Explore things that you are curious about• Read and write for pleasure• Take time to disconnect from electronic devices

Spiritual wellness:

Taking care of your values and beliefs and creating purpose in your life. For example:

- Volunteer
- Meditate
- Express gratitude
- Practice forgiveness and compassion for yourself and others

DEVELOP AN ACTION PLAN!

ACTION

Review your scores, both overall for each dimension of wellness and for individual statements. For those areas where you scored lower, consider what might have a significant impact on your daily life (e.g., interferes with your performance, causes distress, etc.) and focus on those behaviors. Then ask yourself what you feel capable of changing.

02.

1. WHICH ASPECTS OF WHICH DIMENSIONS ARE YOU READY AND WILLING TO WORK ON?

Select one of the behaviours you are interested in from the previous page and take action by setting a SMART goal.

Specific – develop the details of your goal (what, where, when, why)

Measurable – define a quantity (frequency, amount, etc.) that you can measure

Attainable – do you have the means and attitude to accomplish this goal?

Realistic – consider the goal and your time-frame. Is this doable?

Time-bounded – by what deadline or time-frame do you wish to accomplish this goal?

03.

WHAT ARE THE BENEFITS OF WORKING ON THIS BEHAVIOUR?

04.

WHAT COULD GET IN THE WAY?

05.

WHAT COULD HELP YOU ACHIEVE THIS GOAL?

MY PLAN!

ACTION

Wellness Dimension	Practice I want to try!
Emotional Wellness	
Environmental Wellness	
Intellectual Wellness	
Occupational Wellness	
Physical Wellness	
Social Wellness	
Spiritual Wellness	



**JUST
FOR THE
HEALTH
OF IT.**

