

Prioritizing Wellness: My Personal Wellness Plan

Sandy Hobart

Prioritizing Wellness

MY PERSONAL WELLNESS PLAN

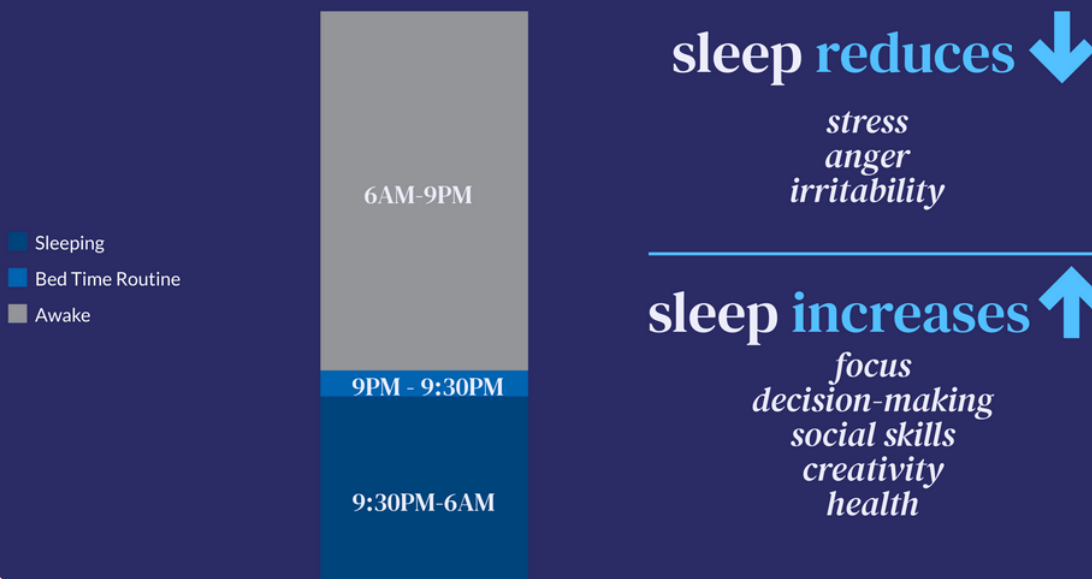
SANDY HOBART

Mom, Advisor, Instructor, Coordinator, Grad Student, Coach, Friend, Sister, Daughter

Step 1: Sweet Sleep



In order to function well the next day, it is very important to prioritize getting at least 8 hours of sleep each night. This is sometimes easier said than done especially with a child, but I have found maintaining a routine helps. My son and I have a bedtime routine starting at 9PM which consists of story time and breakfast ideas for the next day.



There's only 24 hours in a day!

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sleep reduces ↓
stress
anger
irritability

sleep increases ↑
focus
decision-making
social skills
creativity
health

There's only 24 hours in a day!

Step 2: Perfect Preparing

It will be unpredictable, therefore it is important to accept one can never be prepared for everything. However, preparing for future events helps with a work-life balance and allows one to control what is known.

*****MOST IMPORTANT*****
Block off your work week for activities that make you happy and help manage stress.

- LEARNING (TOAST) - Schedule 15 minutes in a personal calendar
- COOKING - Get motivated! Work ahead on your grocery list
- COUNTERSINK (WITH MY FRIEND) - Be proactive with your responsibilities, but not when you're stressed.
- WALKING - Break off your work week for activities that make you happy and help manage stress.
- CROSSWORD PUZZLE

Step 3: Master Mental Maintenance

For me, mental health is the most crucial factor for positive well-being. Through personal experiences, I have considered risks for myself that help me understand a confident attitude and adapt to potential challenges that affect mental health.

- Accept I can't be expert on everything. I am a person, not a machine. I have limitations and need help when I need it.
- Accept I can't change things that are already set in stone. I can only control what I can control.
- Understand why my emotions are so strong and why I feel the way I feel.
- Remember that mental health is a journey, not a destination. It's a process, not a goal.
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"Be the change you wish to see in the world." - Mahatma Gandhi

Prioritizing Wellness
 MY PERSONAL WELLNESS PLAN
 ANNE HOGUE
 Head, Adult Instruction Coordinator, Grand Prairie, Coach, First Grade Designer

Step 1: Sweet Sleep

In order to function well (at work/school), it is very important to prioritize getting at least 7 hours of sleep each night. This recommendation may vary, especially with the amount of time spent exercising, creating, or being busy. You need that 7-8 hours of sleep to be able to think clearly and react quickly. It is also important to have a consistent bedtime routine that includes winding down at least 30 minutes before bed.

sleep reduces ↓ stress, anger, irritability
 sleep increases ↑ focus, decision making, social skills, creativity, health

There's only 24 hours in a day. Step 2: Perfect Preparing. Schedule ALL events in a personal calendar. Set reminders! Work ahead when possible. Be realistic with time commitments. Say NO, when needed.

*****MOST IMPORTANT*****

Step 3: Master Mental Maintenance.
 For me, mental health is the most crucial factor for positive wellbeing. Through personal experiences, I have established rules for myself that help me maintain a confident attitude and adapt to potential challenges that affect mental health.

Accept I can't be super mom, super advisor, super sister/daughter, super student, etc. Communicate and ask for help when needed.
 Make time for people and things that make me happy
 Establish and maintain boundaries
 Accept I can't change others but can always improve myself
 Understand others' opinions of me do not define me. Me, my attitude, and my actions define me.
 Approach situations and people with a growth mindset. Everyone has a unique background and there is always something to learn.

"Be the change you wish to see in the world." - Mahatma Gandhi

Step 2: Perfect Preparing

Life can be unpredictable, therefore it is important to accept one can never be prepared for everything. However, preparing for future events helps with a work-life balance and allows me to control what I can.



Schedule ALL events in a personal calendar.



Set reminders! Work ahead when possible.



Be realistic with time commitments. Say NO, when needed.

*****MOST IMPORTANT*****

Block off time each week to for activities that make me happy and help manage stress



LISTENING TO MUSIC



COOKING



QUALITY TIME WITH MY FAMILY




WALKING





COMPLETING PUZZLES


Step 3: Master Mental Maintenance


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As a society, it seems we must always be on the go to achieve success. I believe because of this, we (including me) sometimes forget the role our own wellness plays in achieving any goal. This infographic was created as part of a personal wellness assignment for one of my graduate classes. It required me to reflect on how I manage my time to accomplish my professional and personal obligations while trying to limit burnout. I found this assignment extremely beneficial and want to encourage all students and colleagues to make time to consider their own wellness plan based on what works for THEM and not someone else. Each person has their own interests, challenges, and obligations, so there is not a one-size-fits-all solution! I hope sharing my personal wellness plan motivates others to consider how they prioritize their own overall wellness.

