

Take the <u>World Health Organization Quality of Life Brief survey</u>. Take a moment to review your scores and write them in the four areas below. Then, take some time to reflect by responding to the questions.

Physical Health	Psychological	Social Relationships	Environment

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Were you surprised by your results?



Was one area higher or lower than others? If so, why do you think that is?

Objective 1

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the first objective.

Ideas				
Questions and I	Reflections			
Circle the one ar	ea that you chose	to explore further.		
Ex	ercise	Diet	Sleep	
your exploration		in the area you cho	se and any notes you hav	e from
Area: Notes:				\\$ =
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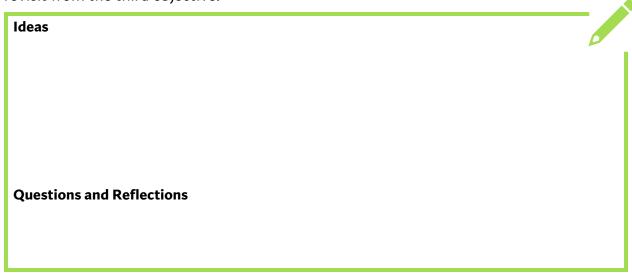
Objective 2

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the second objective.

Ideas
Questions and Reflections
Video: Rick Hanson Understanding Neuroplasticity
Use the space below to jot 1-2 positive things you can focus to in the next week when your brain tries to focus on the negative.
1.
2.

Objective 3

Use the space below to jot ideas that sparked your interest or pieces that you'd like to revisit from the third objective.



Use the space below to jot your plans to engage in the wellness topics from the Emotional Wellness Toolkit we introduced you to on Module 2 webpage.



List three wellness topics you want to focus on:

- 1.
- 2.
- 3.

Choose two activities from each topic checklist to practice:

Topic 1:

- 1.
- 2.

Topic 2:

- 1.
- 2.

Topic 3:

- 1.
- 2.

Over the next week, how will you put these activities into your life?	
Use this space to capture any resources you'd like to explore further or notes from module.	the



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