



## PHYSICAL HEALTH

Take the [World Health Organization Quality of Life Brief survey](#). 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

**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 Reflections**

Circle the one area that you chose to explore further.

Exercise

Diet

Sleep

Then, use the space below to write in the area you chose and any notes you have from your exploration.

Area:

Notes:



## 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.

**Ideas**



**Questions and Reflections**

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 the module.





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