

The Oaks Wellness Model Mental Wellness Worksheet



Welcome! As you explore this course, we hope that you will come to discover what mental wellness is and learn some strategies for creating and maintaining mental wellness. Your mental health is a vital part of how you live, feel, and approach life. In order to care for yourself, you need to know strategies for caring for your brain and your mental health.

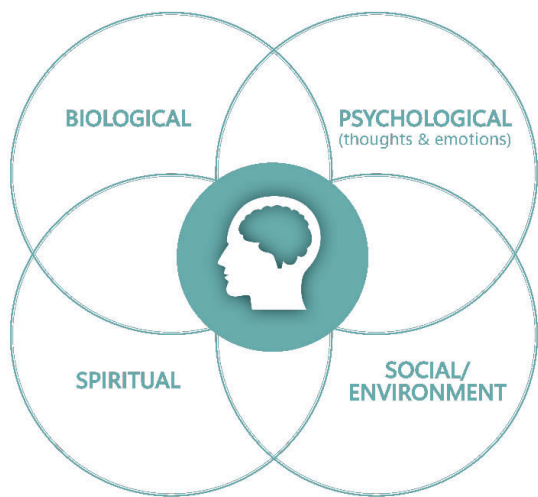
Remember that even though The Oaks is staffed by mental health professionals, we do not have all the answers, and the information covered in this course is meant to be educational, and not used for medical advice. Additionally, this information can be difficult to process, so please take time to be gentle with yourself as you reflect on how this course applies to your life.

After listening to Michelle define mental wellness, take a moment here to reflect on the current state of your mental health. How is your mental wellness? There are no wrong answers, in fact, being honest with yourself here will only help you move closer to your wellness goals.

Mental wellness is made up of lots of parts, and it impacts our ability to regulate our emotions, handle stresses, relate to others, and make choices. Ultimately, our mental wellness can be thought of as how we _____, how we _____, and how we _____.

Even though mental health can be a difficult thing to talk about, understanding why you are experiencing difficult thoughts and feelings and finding healthy solutions to the struggles you may be facing are important steps in the journey. Take a moment here to write down the names of a few people you might be willing to talk to about your mental health.

Mental wellness is strongly connected to many of the other spokes on the wellness model, because our mental wellness is made up of so many different components. We are **biological-psychological-social-spiritual beings**, and each one of these domains has the power to affect the others.



Biological Factors, such as genetics, injuries, illnesses, diseases, sleep, nutrition, exercise, and brain chemistry can all affect our mental health.

Believe it or not, our mental health is affected by our brain health. Your brain is an organ, just like your heart and your lungs. We have to take care of our brains in the same way that we take care of the rest of our bodies.

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Social/environmental factors, such as early childhood relationships to our caregivers, peer interactions, family dynamics, past experiences, sights, sounds, noises, and bodily sensations can all affect our mental health.

Psychological factors, such as the thoughts we think about ourselves, others, & the world, and our emotions can all affect our mental health. It is important to remember that you are not ever stuck in a particular thought or feeling! Ignoring your thoughts and feelings is not healthy, but identifying thoughts and feelings will help you work your way to understanding the root causes of what is going on so that you can get the help you need.

Spiritual factors, such as our beliefs about God, the meaning of life, and our relationships to a spiritual community can all affect our mental health. ***Remember: you have worth and value just by being you; therefore, your emotions and experiences matter!***

Take some time here to reflect on all of the aspects of mental wellness. Which area of your mental health is doing the best right now? Which area of your mental health needs the most help right now?

As we close, reflect back on some of the strategies that can help you manage your mental wellness. Write them down here:

Here are a few that you can practice starting right now! Place a check next to the strategies that you would be willing to try.

- Identify your thoughts and feelings
- Be aware of the ways your brain and body are reacting to your environment
- Practice deep breathing & body scans
- Recognize the patterns you see in your life (ex. irrational thought patterns)
- Communicate with a safe person (or try journaling)
- Make an action plan for reacting to your thoughts, feelings, & behaviors
- Talk to a mental health professional for extra support

Remember friend, even when things feel overwhelming, practicing the skills above can help you make steps towards both your mental wellness and your overall **wellness!**