



Wellness Workbook



The University of Texas at Austin
Longhorn Wellness Center

Counseling and Mental Health Center & University Health Services

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What is Wellness?

Wellness is the act of practicing healthy behaviors and habits that contribute to your overall health. Wellness exists in many domains that are all interconnected. This workbook focuses on emotional, physical, social, intellectual, environmental and financial wellness. Wellness is important because your well-being impacts many aspects of your life, and a positive sense of well-being can lead to personal and academic success.

“...a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

— THE WORLD HEALTH ORGANIZATION



Many factors influence your well-being. This includes your genetics, environment, where you live and your various identities, such as your race, ethnicity, culture, gender identity, gender expression, sexual orientation, age, ability, size, socioeconomic status and citizenship status. Additionally, privilege, systems of oppression and access to resources may also impact your well-being.

How To Use This Workbook

This workbook is meant to help you explore ways to incorporate the different domains of wellness into your life. Wellness is an ongoing journey and this is one tool of many that can be used on that journey. Engage at your own pace and come and go as you need. You don't need to complete all of the activities in one sitting.

If you feel you have a more urgent health or mental health need, please call the CMHC Crisis Line (512-471-2255) or the UHS Nurse Advice Line (512-475-6877). There are times when activities in this workbook aren't enough, and that is okay.



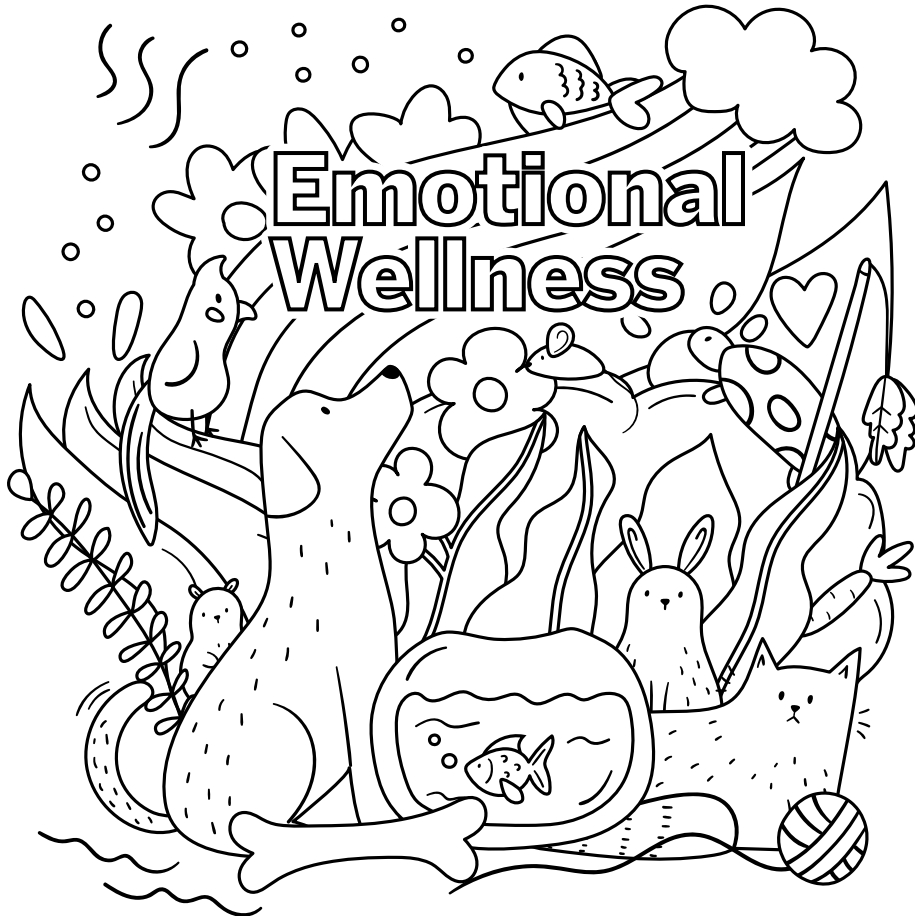


Emotional Wellness

Emotional wellness is an awareness, understanding and acceptance of your emotions, and your ability to manage challenges and change. Being emotionally well means that you are self-aware, able to process your emotions and deal with the ups and downs of life. Your emotional wellness can be impacted by lots of different factors, including your genetics, environment, identities, culture and social support.

“ I don't have to chase extraordinary moments to find happiness—its right in front of me if I'm practicing gratitude. ”

— BRENE BROWN



30 Days of Mental Health

Try these activities to focus on self-care and supporting your mental health. Go at your own pace through the activities, any act of self-care is helpful to your well-being.

Catch up with a loved one	Follow a yoga class online	Try cooking a new meal	Go for a walk	Turn off your screens 30 minutes before bed
Consciously drink more water today	Put on your favorite outfit	Give yourself a compliment	Try limiting your time on social media today	Make yourself a playlist
Clean out your closet	Take 10 minutes to stretch	Try out mediation	Finish something on your to-do list that has been bothering you	Journal about your day
Cook or order your favorite meal	Start a book or finish the one you've been reading	Take a long shower or bath	Declutter your workspace	Try a new hobby
Connect with a family member	Reflect on what part of your day you enjoy most and why	Face a challenge you have been avoiding	Do something creative	Research something you are interested in
Unfollow social media accounts that don't bring you joy	Practice deep breathing if you are stressed	Treat yourself to a coffee or tea	Go outside	Do something nice for someone else

Create Your Own Affirmations

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. Creating affirmations may help to remind you of your own strengths and goals. Positive affirmations are meant to encourage and uplift whoever is speaking them.

Use this page to create your own set of affirmations. When filling in the blanks, be brief and specific, use positive words and write in the present tense. Once you have your affirmations, speak them to yourself daily.

I am _____, _____ and _____.

a. Qualities that you want to nurture within yourself or that you love about yourself
b. Example: "I am unique, confident and loved"

I will _____ because I am _____ and _____.

a. Qualities you have that can help you reach your goal
b. Example: "I will be my best self every day because I am resilient and joyful"

_____.

a. A reminder for yourself that you would benefit from hearing daily
b. Example: "I trust I am on the right path"; "I can be whoever I want to be"

Gratitude Prompts

Gratitude is a practice that helps you focus on what you have, instead of what's missing. Gratitude does not involve minimizing or discounting your struggles. It is an invitation to notice the aspects of your life that are going well. Research shows that practicing gratitude deepens relationships, increases happiness and improves physical and mental health.

Draw or write in the blanks to start your gratitude practice.

3 people you are grateful for:

3 activities you enjoy and why:

A risk you are grateful you took and why:

3 everyday items you are grateful for:

A skill you are grateful for:

3 things you love most about yourself:

Emotional Wellness Resources

No matter what you are going through, you are worthy of all kinds of help.

- [Counseling and Mental Health Center](#): offers a wide array of services to meet student needs, including counseling, psychiatric consultation, the [CMHC Crisis Line](#) and many prevention services that facilitate students' academic and life goals and enhance their personal growth and well-being.
- [Longhorn Wellness Center](#): offers resources, events and programming to support student wellness. One program of relevance to emotional well-being is the [Be That One: Mental Health Promotion and Suicide Prevention](#) initiative.
- [Thrive at UT](#): a free app to enhance the well-being of UT students.
- [Behavior Concerns and COVID-19 Advice Line](#): available for the UT community to ask COVID-19 questions and receive support and resources to address behavior concerns.
- [UT Student Emergency Services](#): helps students and their families during difficult or emergency situations.
- [Gender and Sexuality Center](#): provides opportunities for UT Austin community members to explore, organize and promote learning around issues of gender and sexuality.
- [Office of the Student Ombuds](#): available to listen to student concerns in a safe setting about life at the university and confidentially discuss interpersonal difficulties, university policies, university bureaucracy and conflict resolution techniques.
- [UT Wellness Network Mental Health Promotion Committee](#): a committee designed to bring together a community of students, faculty and staff who are interested in making the UT campus more conducive for mental health.

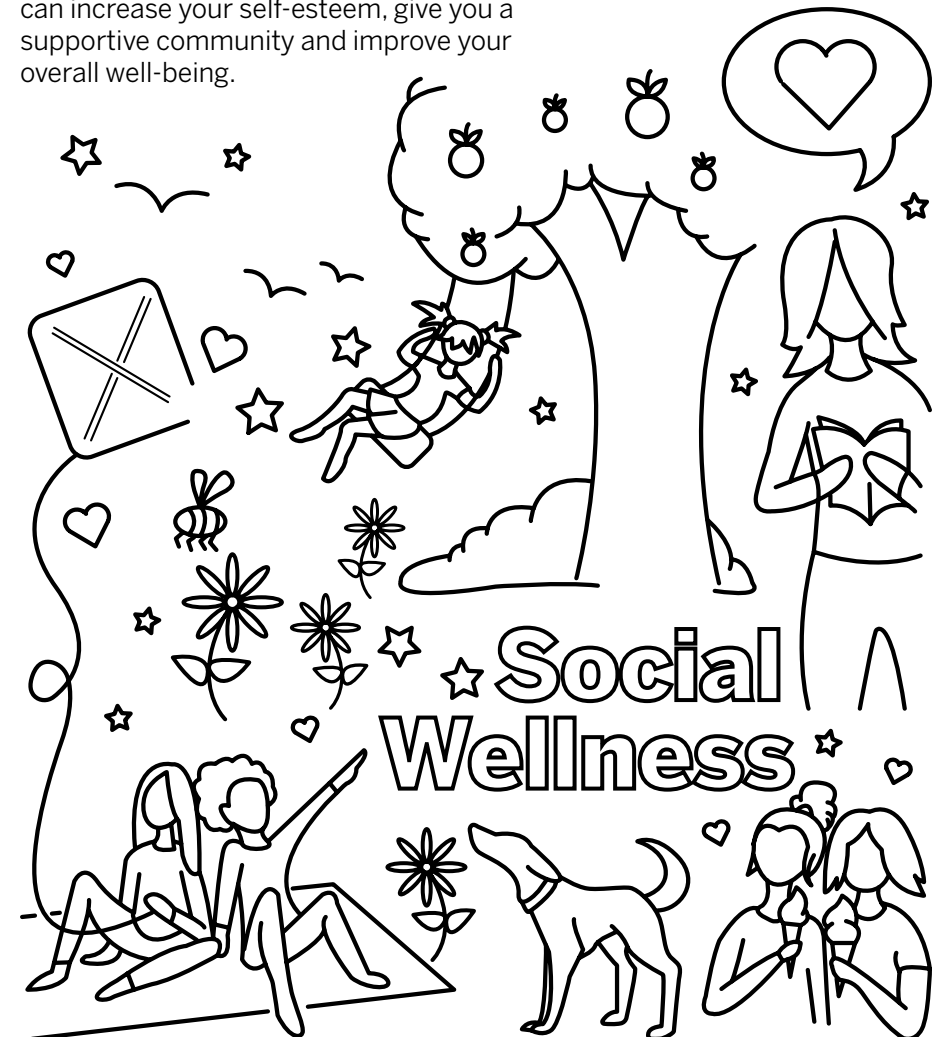


Social Wellness

Social wellness refers to the relationships you have and the connection you feel to other people. It involves building healthy relationships with personal boundaries and fostering connections with those around you. Having strong social wellness can increase your self-esteem, give you a supportive community and improve your overall well-being.

“Alone, we can do so little; together we can do so much.”

— HELEN KELLER



Social Wellness Prompts

Reflecting on your relationships and values can strengthen your social wellness. Respond to these prompts to explore your social wellness.

How do you know when someone sees and truly accepts you?

How can you show others you care about them?

What qualities do you value in a relationship with a friend, family member and/or romantic partner?

Who in your life reminds you that you matter?

What are your favorite activities to do with friends and why?

Social Circles Activity

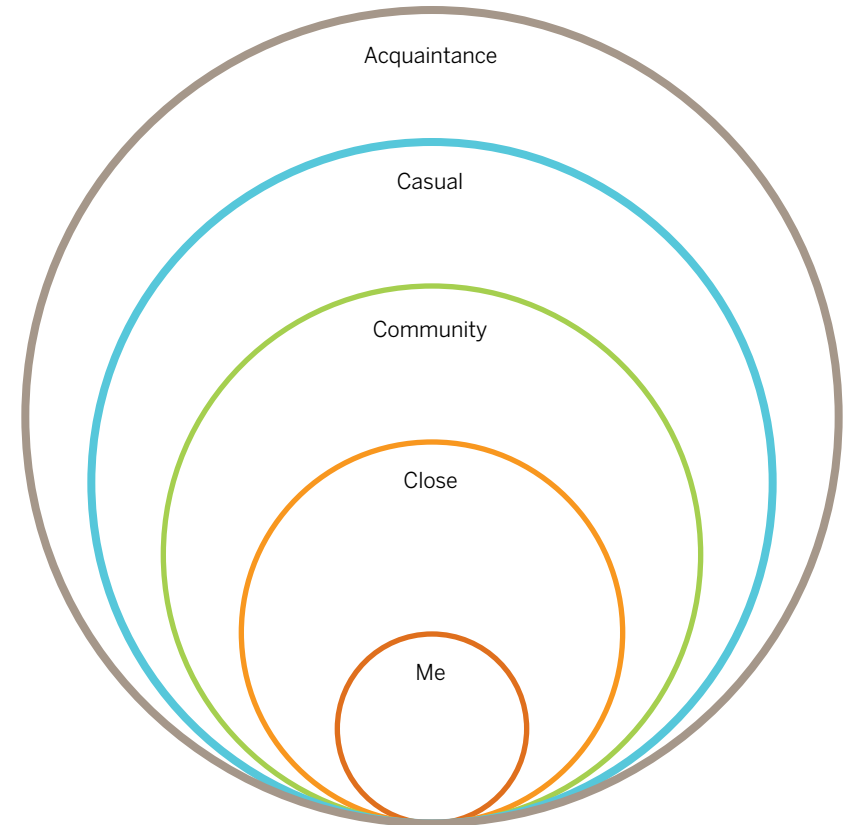
Based on your current relationships, fill in the circles. It is okay to be honest about who falls where, regardless of where you think they "should" fit.

Close Circle: those you love and confide in

Community Circle: those you are close to and intentionally spend time with

Casual Circle: those you are friendly with but don't actively seek out to spend time with

Acquaintance Circle: those you know and would say hello to in passing



Reflect on your social circles map:

What purpose does each circle have in your life? What do you gain from and give to each circle?

Are you inspired to make any changes to your social life after filling in the circles?

Inspired by Shasta's Circle of Connectedness Worksheet for Personal Evaluation—girlfriendcircles.com

Social Wellness Resources

Everyone's life on campus looks different, it is okay to seek support and ideas for building your community.

- [HornsLink](#): web resource to find student organizations and events on campus.
- [Healthy Student Organization Program](#): provides resources for student organizations to lay the foundation for having a healthy, engaged and thriving student group.
- [Campus Events + Entertainment](#): find upcoming events on campus.
- [BeVocal](#): offers bystander intervention programs for students to create a culture of care on campus.
- [SHIFT](#): initiative to shift the culture of substance use on campus.
- [Multicultural Engagement Center](#): student resource office that educates and empowers students to be leaders and agents of social change.
- [Gender and Sexuality Center](#): provides opportunities for UT Austin community members to explore, organize and promote learning around issues of gender and sexuality.
- [UT Center for Students in Recovery](#): provides a supportive community where students in recovery and in hope of recovery can achieve academic success while enjoying a genuine college experience free from alcohol and other drugs.
- [UT Wellness Network Hazing Prevention and Education Committee](#): seeks to shift the campus culture concerning hazing.
- [UT Wellness Network Substance Use Safety Committee](#): aims to address substance use safety on campus in an inclusive and supportive manner.

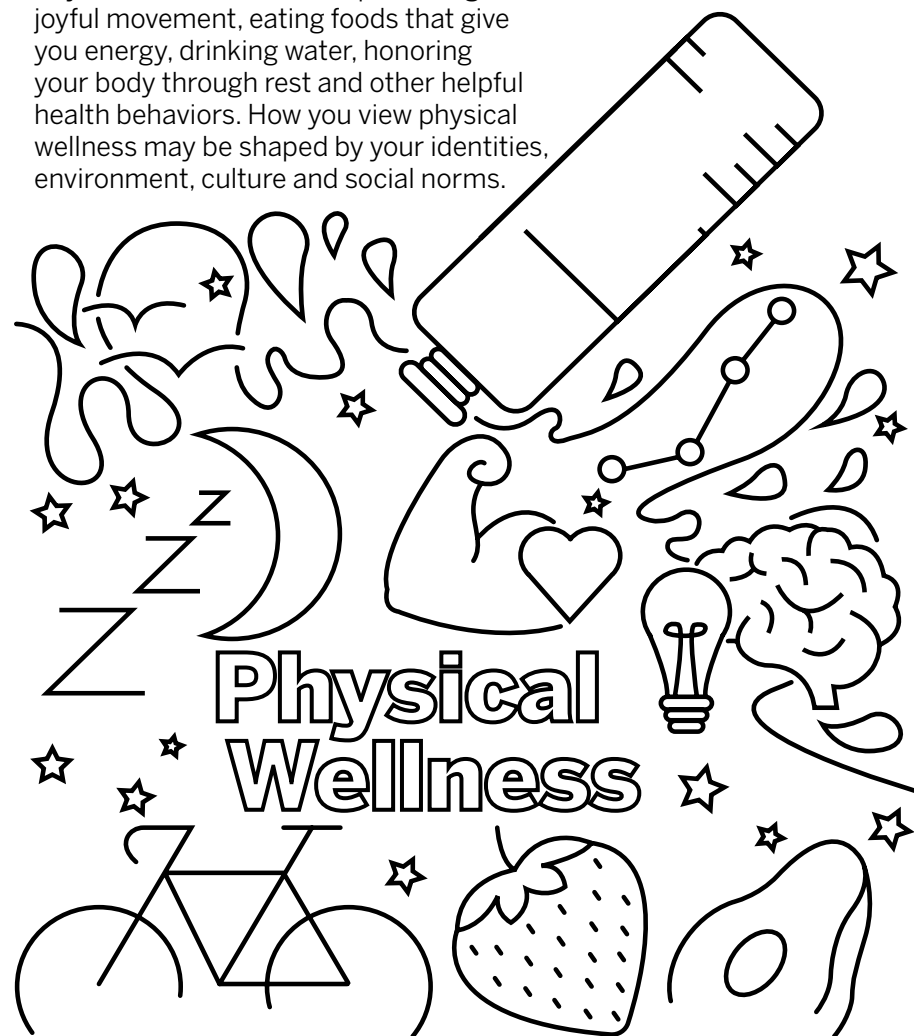


Physical Wellness

Physical wellness is listening to and taking care of your body so that it can function to the best of its ability. When we think of physical wellness, we often think of intense exercise, but instead, consider physical wellness as simply nourishing your body. Physical wellness includes practicing joyful movement, eating foods that give you energy, drinking water, honoring your body through rest and other helpful health behaviors. How you view physical wellness may be shaped by your identities, environment, culture and social norms.

“ Sometimes the most important thing in a whole day is the rest we take between two deep breaths. ”

— ETTY HILLESUM



Movement Brainstorm

Physical activity doesn't always have to be rigorous or intense. All forms of movement are physical activity. If you are just getting started, remember to listen to your body and take things slow at first.

To get new ideas for ways you can move your body, circle which activities you might like to try out.

Create your own movement challenge	Try out a new activity or sport
Go for a walk	
Set a timer and clean for 15 minutes	Go for a walk or hike
Practice your balance	
Stretch	Try out a TeXercise class at UT RecSports
Take the long way to class	
Go to a yoga class	Do a breathing exercise
Do an activity you used to enjoy as a child	
Explore a new outdoor area	Swim or try a water sport
Go to a park with a friend	
Learn a dance	Follow an online class
Go for a bike ride	
Sign up for a 5k or another movement-based event	Stretch your body

Sleep Strategies

Our society often glorifies busyness, but it is important to take time to rest. Your body requires rest; it's important to give yourself permission to prioritize sleep and rest. Complete the worksheet to identify sleep strategies that work for you.

Review the barriers below and note the ones that impact your sleep. Then, review the list of strategies and identify one or more that you will implement to help address the corresponding barrier.

Barriers	Strategies
Technology	<ul style="list-style-type: none"> <input type="checkbox"/> Minimize the use of electronic devices in the hour before bedtime <input type="checkbox"/> Turn off devices when going to sleep or put them out of reach <input type="checkbox"/> Enable "do not disturb" mode on your phone to limit distracting notifications and pop-ups <input type="checkbox"/> Set up a blue light filter on your phone
Stress	<ul style="list-style-type: none"> <input type="checkbox"/> Plan an hour of quiet time before bedtime when you focus on activities that promote rest (e.g., relaxing stretches, breathing exercises, bathing, reading) <input type="checkbox"/> Listen to a meditation app, soft music or soothing nature sounds <input type="checkbox"/> Write a to-do list for the next day or spend time journaling <input type="checkbox"/> Jot down notes about issues keeping you awake <input type="checkbox"/> If you cannot fall asleep within about 20 minutes, get up and do a low-key activity (like reading) in dim light until you start to feel drowsy <input type="checkbox"/> Spend time outside, move your body and fuel yourself with good food, hydration and social interaction during the day
Sleep Environment	<ul style="list-style-type: none"> <input type="checkbox"/> Make your bed a cue for sleep by moving wakeful activities (e.g., screen time, working, worrying, planning) out of the bed <input type="checkbox"/> Use an eye mask, blinds or blackout curtains to reduce intrusion of light <input type="checkbox"/> Spray lavender or another calming scent <input type="checkbox"/> Try earplugs or a white noise machine to block out background sounds <input type="checkbox"/> Use sheets, blankets and quilts that breathe to keep you at a comfortable sleeping temperature
Time Management	<ul style="list-style-type: none"> <input type="checkbox"/> Establish a consistent bedtime and waketime routine <input type="checkbox"/> Create a daily/weekly schedule that includes all your responsibilities (e.g., class, work, orgs), time to socialize and time to take care of yourself (e.g., eating, moving, sleeping, relaxation) <input type="checkbox"/> Avoid all-nighters
Roommates	<ul style="list-style-type: none"> <input type="checkbox"/> Practice good communication skills and respect with roommates <input type="checkbox"/> Address issues as they come up and identify solutions <input type="checkbox"/> Value each other's space and opinions <input type="checkbox"/> Use a desk lamp rather than overhead lighting <input type="checkbox"/> Talk on the phone outside a shared room <input type="checkbox"/> Use headphones when listening to a device <input type="checkbox"/> Set agreements on "quiet hours" and daily bedtimes/waketimes
Relationships	<ul style="list-style-type: none"> <input type="checkbox"/> A part of all healthy relationships are healthy boundaries – do not stay up if you do not want to <input type="checkbox"/> Enhance communication skills with loved ones <input type="checkbox"/> Identify and express needs <input type="checkbox"/> Address issues as they come up and identify solutions
Caffeine, Alcohol and Other Substances	<ul style="list-style-type: none"> <input type="checkbox"/> Avoid caffeine six hours before bedtime <input type="checkbox"/> Limit alcohol consumption as it increases the number of times you wake up during the night and restricts REM sleep <input type="checkbox"/> Avoid cigarettes/vaping, which can cause insomnia and delay sleep <input type="checkbox"/> Use prescribed medicinal sleep aids or over-the-counter methods only as directed

The Five Senses and Food

Tuning into your body while you eat can help you become aware of the physical sensations, feelings and emotions that occur while eating. Doing this can help you recognize your hunger and fullness levels and strengthen your relationship with food. This process is called mindful eating.

To try eating mindfully, first choose a food item or meal that you enjoy eating. Take a few deep breaths and enjoy the food while paying attention to all of your five senses and emotions.

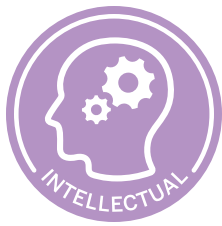
After mindfully consuming your food, use the space below to reflect on the experience:



Physical Wellness Resources

Caring for and nourishing your body is as important as caring for all other aspects of your well-being.

- [University Health Services](#): provides medical care and patient education to UT Austin students.
- [UT Recreational Sports](#): offers recreation facilities, programs, services, special events and student employment opportunities surrounding physical wellness.
- [Healthyhorns Sleep](#): provides tools and information to understand and improve your sleep.
- [Mindful Eating Program](#): CMHC and UHS programs for students dealing with food, weight and body image concerns.
- [UT Outpost](#): food pantry for UT students.
- [Services for Students with Disabilities](#): ensures that students with disabilities have equal access to their academic experiences at UT Austin by determining eligibility and approving reasonable accommodations.
- [CMHC Alcohol and Other Drugs Counseling Program](#): program for students who have questions about their own or someone else's substance use.
- [SHIFT](#): initiative to shift the culture of substance use on campus.
- [LWC BASICS and CASICS](#): programs offered through the Longhorn Wellness Center for students to learn about and reflect on their alcohol and cannabis use.
- [UT Wellness Network Forty Acres Food Alliance](#): focuses on food equity, sustainable and nourishing food, and works to reduce food insecurity within the UT community.

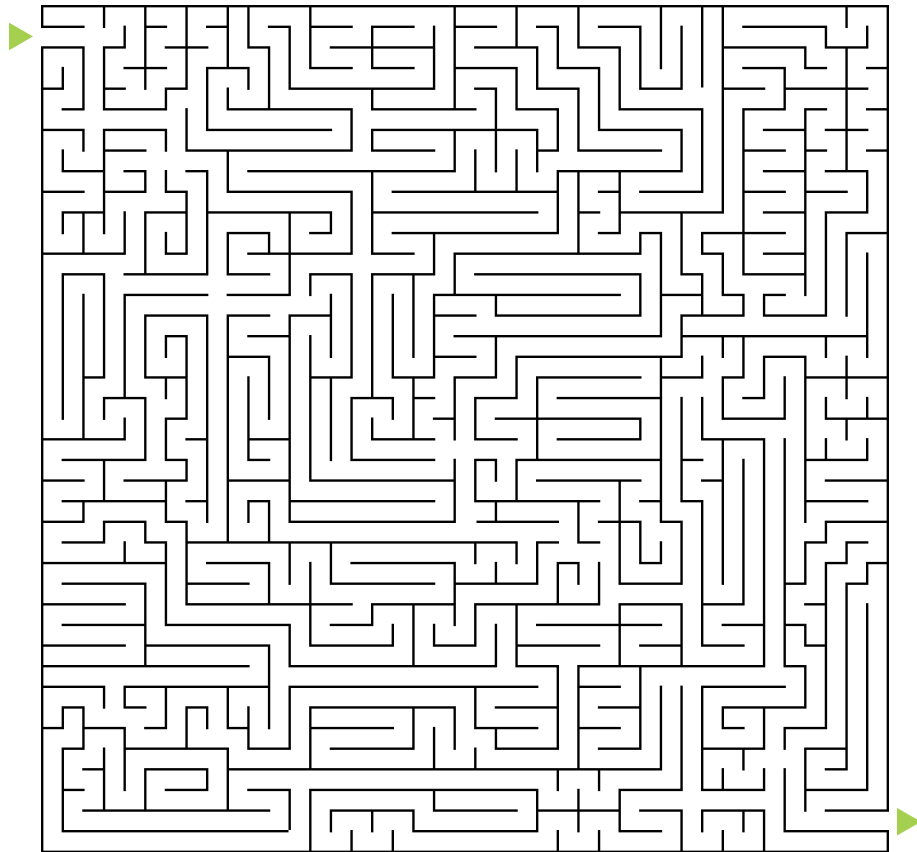


Intellectual Wellness

Intellectual wellness is more than grades and test scores, it is continuous engagement with creative and mentally stimulating activities. Intellectual wellness can be achieved through academics, cultural involvement and personal hobbies. Intellectual wellness encourages learning and curiosity, helping you to explore and be more open to the world around you.

“ Sometimes what we call ‘failure’ is just the necessary struggle called learning. ”

— UNKNOWN



Intellectual Wellness Reflection

Fill in the page to reflect on how you can take action to enhance your intellectual wellness.

A new skill I can learn:

A podcast I want to listen to:

A hobby I want to pick up:

How I can dive deeper into my classes:

A documentary I want to watch:

A topic I would like to research in my free time:

Top 3 books I'd like to read:

A belief or idea I want to challenge or learn more about:

A new way I could express my creativity:

Something I could explore thinking differently about:

Setting SMARTIE Goals

Part of intellectual wellness is having skills for learning. SMARTIE goals can be applied to all aspects of life but are particularly helpful for setting academic goals.

Here is a template for setting your own SMARTIE goal. First, state your goal in the space provided, and then use the SMARTIE table to outline how you will achieve it.

My goal is: _____

S SPECIFIC	What exactly do you want to accomplish?
M MEASURABLE	How can you measure progress towards your goal?
	How will you know when you have reached your goal?
A ACHIEVABLE	What steps will you need to take to accomplish your goal?
	What are potential obstacles and how will you overcome them?
R REALISTIC	How does this goal align with your core values?
T TIME-BOUND	When will you start and finish your goal?
I INSPIRATIONAL	Why is this goal meaningful to you?
E EMOTIONAL	How will you feel once this goal is reached?

Intellectual Wellness Resources

College can be challenging, it's normal to need academic support.

- [Sanger Learning Center](#): offers academic support for UT students through [Sanger Learning Specialists](#), free classes and workshops, tutoring and more.
- [Services for Students with Disabilities](#): ensures that students with disabilities have equal access to their academic experiences at UT Austin by determining eligibility and approving reasonable accommodations
- [Multicultural Engagement Center](#): student resource office that educates and empowers students to be leaders and agents of social change.
- [Gender and Sexuality Center](#): provides opportunities for UT Austin community members to explore, organize and promote learning around issues of gender and sexuality.
- [Blanton Art Museum](#): campus art museum with the largest and most comprehensive collection of art in Central Texas.
- [LBJ Presidential Library](#): presidential library and museum covering President Lyndon Baines Johnson's political career and American history.
- [LinkedIn Learning](#): video courses about business, creativity and technology available free to UT students.

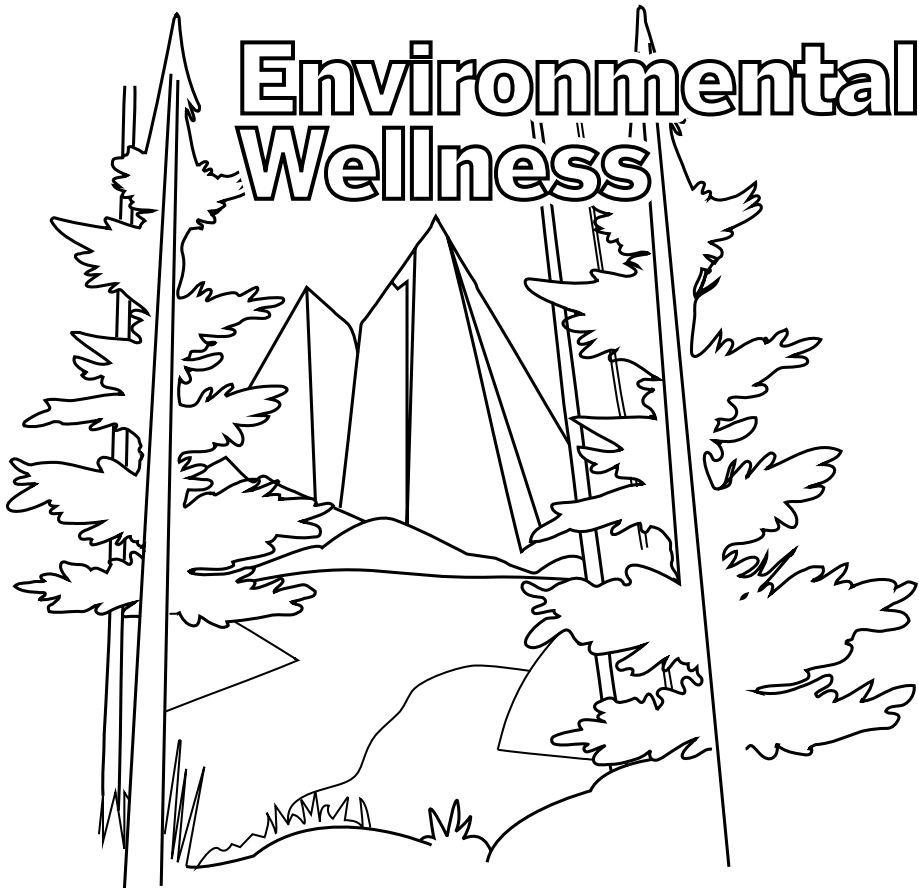


Environmental Wellness

Environmental wellness refers to your sense of connection, safety and comfort with your surroundings. Environmental wellness begins with immediate surroundings and then extends to communities, geographic location and the planet. Environmental wellness can also reflect how access to resources, culture, socioeconomic status and more impacts well-being. The quality of your environment directly impacts the rest of your well-being.

“ If you take care of your immediate surroundings, the universe will take care of itself. ”

— MAHATMA GANDHI



Nature Reflection

Think of one of your favorite places in nature and how it makes you feel.

Pick a word from the word bank or come up with your own to complete the activity.

restored	inspired	peaceful	joyful
	soothed	healed	energized
connected	happy	content	balanced

In the space below, draw, collage or write about a place in nature that makes you feel . Think about the sounds, smells and scenery of your chosen place and how they contribute to the overall feeling.

Space Design Activity

Your personal living space is a component of your environmental wellness. Try checking off some actions on this list to create a healthy and happy living space:

Cleaning up

- Declutter your space
- Wash your bed sheets
- Wipe down and/or dust surfaces
- Vacuum or sweep if needed

Safety

- Reduce your exposure to allergens (pollen, dust, mold, etc.) and any potentially harmful household substances
- If you ever feel unsafe in your space, take steps towards improving your sense of safety (i.e.: install security, talk to your roommate(s) about keeping your door locked)

Atmosphere

- Add decor that brings you joy, remove anything that doesn't
- Add a plant or photo of nature that you like
- Try essential oils or air freshener in your space
- Rearrange your furniture if you'd like
- Set up your room for [sleep success](#)

Environmental Wellness Resources

You are worthy of a living environment that makes you feel secure and happy.

- [Student Emergency Services](#): available for students who need help securing safe housing.
- [UT Housing and Dining](#): provides resources for students living and/or dining on campus.
- [UT Off-Campus Living Resources](#): provides resources for students living off-campus.
- [Healthyhorns Sleep](#): provides tools and information to understand and improve your sleep.
- [UT Sustainability](#): offers student opportunities for involvement with sustainability.
- [Campus Environmental Center](#): community of students who explore, learn about and act on contemporary environmental issues on campus and in the Austin area.
- [UT Farm Stand](#): student run program to grow and source healthy, local foods and educate others about the journey from farm to table to waste.
- [UT Campus Walks](#): 1-2 mile walks through campus to connect with nature.
- [UT LBJ Wildflower Center](#): botanic garden with a mission to inspire the conservation of native plants.



Financial Wellness

Financial wellness is navigating your earning, spending and saving in a way that supports your overall well-being. It involves identifying your personal financial values and developing your financial skills and knowledge so you can make decisions to help you feel secure, safe and happy. When it comes to financial wellness, know that everyone starts in a different place that is impacted by systems of inequity, and that not everyone wants to end in the same place or has the same financial goals.

“ You can only become truly accomplished at something you love. Don't make money your goal. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you. ”

— MAYA ANGELOU



Fill in the 'Bank'

Reflecting on your relationship with money can help you identify your financial values and set goals for yourself. Use this worksheet to reflect on your financial wellness.

What feelings come up when I think about money and finances:	How my culture, identities and/or family impact my financial wellness and beliefs:	What type of expenses I most value spending my money on:

Taking the First Step

Take a moment to think about what is important to you financially:

Next, come up with a realistic goal to help you move forward (ex: I would like to start saving \$20 a month for the rest of the semester):

A good first step to take towards achieving financial goals is creating a budget. To get started, think about your main sources of income and spending:

Income (jobs, financial aid, etc.)	Expenses (tuition, rent, groceries, entertainment, etc.)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Total: _____	Total: _____

If your expenses are higher than your income, think about areas you can cut back spending on. If your income is higher than your expenses, think about how you can save the extra money. Being aware of your spending and building a budget is one of the most effective ways to reach your financial goals.

Financial Wellness Resources

It's okay to need and ask for help. You are worthy of all kinds of help.

- [UT Outpost](#): food pantry and career closet for UT students.
- [Student Emergency Fund](#): aims to provide financial support when a verified emergency has impacted a student's health, safety, or wellbeing.
- [Texas OneStop](#): webpage for managing tuition costs.
- [UT Financial Aid](#): provides information on financial aid, scholarships and other student support services.
- [Texas Financial Wellness](#): provides tools and resources to help UT Austin students to make healthy financial decisions.
- [Finding a Student Job](#): webpage with suggestions for finding a student job at UT.

Putting it all Together

For each domain of well-being, mark where you are now and describe what you can do to get where you'd like to eventually be.

- Rating Scale:
- 1 = I need to focus a lot on this domain
 - 2 = I need to focus a bit more on this domain
 - 3 = I feel neutral in this domain
 - 4 = I feel somewhat confident in this domain
 - 5 = I feel very confident in this domain

Emotional Wellness

WHERE AM I NOW:

1 2 3 4 5

One thing I can do to move forward in this domain:

Social Wellness

WHERE AM I NOW:

1 2 3 4 5

One thing I can do to move forward in this domain:

Physical Wellness

WHERE AM I NOW:

1 2 3 4 5

One thing I can do to move forward in this domain:

Intellectual Wellness

WHERE AM I NOW:

1 2 3 4 5

One thing I can do to move forward in this domain:

Environmental Wellness

WHERE AM I NOW:

1 2 3 4 5

One thing I can do to move forward in this domain:

Financial Wellness

WHERE AM I NOW:

1 2 3 4 5

One thing I can do to move forward in this domain:

healthylives

This wellness workbook focuses on emotional, social, physical, intellectual, environmental and financial wellness with the intention of providing students with activities and resources to enhance their overall well-being and thrive in their personal and academic lives.

Longhorn Wellness Center



TEXAS

The University of Texas at Austin