

Emotional Wellness Guide Template: Using the Wellness Guide in COVID 19

The purpose of this plan is so that there is shared understanding about what support I need to make choices toward a healthy and fulfilling life. This is my plan, & just as my needs can change over time this plan may also need to be updated from time to time to reflect my changing needs.

Name:

Address:

Phone #:

DOB:

Date of Plan:

Wellness Tools: *Listed below are the activities/things that I need on a daily basis to keep myself healthy and to make myself feel better.*

(Note: These questions are good opportunities to identify specific activities related to wellness that are important to the person. Get creative!! Use this as an opportunity to really explore what’s currently important to the person but also activities/things that the person thinks might be enjoyable & wants to try. These activities should be regularly available, as engagement in these activities supports a healthy lifestyle and are important toward preventing negative life events.)

Enjoyable activities that I do alone:	Really Focus HERE as these are the things that do not have to change during this time
Enjoyable activities that I do with others (please note individual if activity is linked to specific person):	<p>Think about if these can be done in an alternate form remotely while preserving social distancing:</p> <ul style="list-style-type: none"> -facetime/skype -playing game/doing puzzle/watching tv show/eating meals/listening to music while connecting via technology with one another <p>[Explore how many activities you can do this with and try to do these activities with that friend(s) or someone special to you even though you’re not in person]</p> <ul style="list-style-type: none"> -using social media to share activities <p>Some activities and places people like to go offer some virtual options if the person has a phone, computer or tablet and are outlined in the Virtual Resources and Activities to Try While Social Distancing Tip Sheet.</p>
Exercise/Fitness:	<p>Ideas for exercise and movement at home or in neighborhood:</p> <ul style="list-style-type: none"> -walks/runs/bike rides are ok as long as people do not stop and gather <p>Check out the Virtual Resources and Activities to Try While Social Distancing Tip Sheet for more exercise and fitness ideas.</p>
Movement (when I get up & move around this is what I like to do):	<p>This area is important when folks are spending time at home. Be sure that at least once an hour you get up and walk around even if its just inside or if the person uses a wheelchair pay special attention to any range of motion exercises and repositioning that is needed.</p> <p>Think about moving around inside and outside – as long as you have social distance you can enjoy movement inside and outside – e.g., tic-tac-toe is fun on a checkerboard and using sidewalk chalk; scavenger hunts can be done inside & outside</p>

<p>Creative Expression: Journaling/Drawing/Singing/Music/Dance/Etc.</p>	<p>Almost ALL of this can be done at home and should be part of each day as it is BOTH enjoyable and relaxing/soothing – and as long as there is social distance this is the perfect time of year to spend some time being creative outdoors</p> <p>There are a number of livestream concerts [a google search will turn up what may be available for people consistent with their interests]</p> <p>Museums/Art galleries are also offering virtual tours at Google Arts and Culture – among others this includes:</p> <ul style="list-style-type: none"> -Museum of Modern Art in NY -the British Museum in London offers a virtual tour -the National Gallery of Art in DC offers a virtual tour <p>Check out the Virtual Resources and Activities to Try While Social Distancing Tip Sheet for more creative ideas.</p>
<p>Relaxation:</p>	<p>Scheduling activities the person finds relaxing is a MUST during this time and should occur EACH day. Good news is most of these are usually things that occur at home.</p> <p>And while media is an important tool for us to stay connected and updated, assuring that there are sufficient breaks from this will be important to make sure our bodies & minds can really relax</p>
<p>Activities that make me feel good about myself:</p>	<p>These are also a MUST when they can be done at home; because some activities may not be able to occur at home it is even MORE IMPORTANT to prioritize each day those that can.</p> <p>Are there any NEW activities that you can try while at home – sometimes doing something new or something we haven't tried before can make us feel good because it can be exciting to try new things – What is something you've always wanted to try that you can do inside or outside your house?</p>
<p>Outdoor activities or activities related to nature:</p>	<p>Most activities covered above can be done inside or outside. In addition to these, what are other ways that the person wants to spend time outdoors while maintaining social distancing. Whether you have a courtyard or acres of land, there's room to sit, walk, & do outdoor activities and connect with nature.</p> <ul style="list-style-type: none"> -on apartment porch or balcony [if you're more than 6 ft away] you could spend time with those nearby -gardening, or learning about the different types of plants, flowers, trees that are around you -watching birds, butterflies, lizards, cats, dogs, etc – how many do you see each day

<p>Social media, pets, plants, & other important connections:</p>	<p>Social media can be both a positive and negative in this time. Work to support the person to block negative posts that may increase their anxiety but support them to use it to</p> <ul style="list-style-type: none"> -stay informed -stay connected with others <p>Be sure pets and plants are well taken care of as they will be EVEN MORE important during this time and use this time to get the person more involved in caring for the pets/plants as this can give them a sense of control and something meaningful to do each day</p> <p>For those with spiritual connections and tie to church, remember most churches/religious groups are streaming services sometimes even daily so build this into the schedule if this is important to the individual.</p>
<p>These are some goals that I want to accomplish & will make me proud & happy (goals can be short-term & long-term):</p>	<p>For all of us this time will likely halt or slow down our goals, so use this time to help folks think about what they have accomplished in the last year or last few months. Help them to think about how they can use that to get ready for what they want to do next and help them explore online where possible what might be some next steps.</p>
<p>This is the amount of sleep I need each night to feel good the next day:</p>	<p>Sleep and rest will be important so be sure to work with the person to find and keep a good evening routine.</p>
<p>Positivity!!! This is what I love most about me:</p>	<p>Find ways to focus on the positives each day. Help folks connect daily (phone, video chat, etc) with those important to the individual. Celebrate that and remind them that they are checking on others and helping those they love by following the guidelines to stay home and adjust their day. Spend each day also helping the person identify things they are thankful for about themselves, their situation and those they love so that gratitude practice can help support positive emotional reactions.</p>
<p>Treating myself – these are the things that I like to do to give myself a boost of positivity when I need it &/or when I want to celebrate an accomplishment:</p>	<p>This piece may need to be planned for the future but it could be tied into also helping the person understand the current situation and treating themselves when we can move past this event – what do they want to do in the future could be topic of discussion. Obviously this will need to be balanced so that an individual does not get frustrated with waiting. Finding small things that could be positives even while at home will help such as:</p> <ul style="list-style-type: none"> -ordering take out instead of dining out -learning something new -renting a movie on amazon, hulu, Netflix, etc instead of going to the movie

<p>Other important wellness tools (this might include any non-negotiables not already noted above):</p>	<p>ALL non-negotiables that can be done at home or modified to be at least somewhat present at home MUST be planned into the day and remember the little things matter in this type of situations:</p> <ul style="list-style-type: none"> -having your coffee/tea/coke/diet coke -balancing some food treats with health eating most of the day -favorite tv programs -morning and night routines
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Wellness Needs: *Here is my description of myself when I am feeling good and healthy (Note: there is a link between feeling well and using the wellness tools shared above.):*

[Be very attuned to any changes in health or emotional health symptoms and report to the person’s healthcare provider. Also, be aware of what you say and what you watch/listen to in front of the person has the potential to impact his/her emotional well-being. It is important to remember that feeling confused, scared, angry, and restless are understandable feelings – no one is able to predict or control some aspects of our day-to-day life right now. So in addition to sharing any changes in health or emotional health symptoms with the person’s healthcare provider, checking in and taking time to listen so that folks can express these feelings while also helping them to find ways to decrease fear, sadness, etc and find positive things to do will go a long way toward effective wellness support.]
