

Reflection Questions

for Your Dimensions of Wellness

Your wellness is impacted by a variety of dimensions of wellness. It is a good idea to reflect on those intersecting factors that are impacting your wellness as you start to advocate for your own mental health, your peers mental health, and get involved in institutional and systems-level mental health advocacy.

Spend 10-15 minutes reflecting and answering the following questions:

- 1 Which dimension of wellness do you value the most?
- 2 Which dimensions of wellness do you hope to learn more about?
- 3 Which dimension of wellness do you think most of your peers value the most? Is it different from the one that you most value?
- 4 Currently, which dimensions of wellness have the greatest impact on your life?

5 Are your intersecting dimensions of wellness having a positive or negative effect on your life? Write a few thoughts on how and why they might be having this effect on your life.

6 Which dimensions of wellness overlap with each other in your life?

7 How can each dimension of wellness uniquely affect your mental health?

8 Which dimensions of wellness do you hope to take positive actions on to improve in your life?