BEHAVIORAL WELLNESS REFLECTION TOOL

A personal check-in to notice your wellness needs, recognize available support, and choose one thoughtful next step.

THE IDEA BEHIND THIS TOOL

Wellness is more than the absence of difficulty. It includes how we experience our bodies, emotions, relationships, responsibilities, and the conditions around us.

Consideration: "The conscious regard for the needs, values, and dignity of others, especially when making decisions."

THREE LENSES. WHOLE-PERSON WELLNESS.

What we feel individually can be supported or strained by how we lead and how our environments operate.

INDIVIDUAL

Notice personal needs, stress signals, strengths, and support.

LEADER

Consider how your well-being affects your presence and boundaries.

ORGANIZATION

Notice whether systems and expectations support people's wellness.

HOW TO USE THIS TOOL

1. Reflect honestly on how supported each wellness dimension feels today.
2. Notice where stress appears and what support you may need.
3. Choose one realistic response within your agency; revisit without judgment.

A NECESSARY LIMIT

This educational tool supports private reflection. It is not a clinical screening, diagnosis, or treatment plan, and you need not disclose personal information to anyone. You may leave any question blank.

Wellness is more than one feeling

CARES uses eight dimensions to consider well-being more fully. Each may be influenced by your circumstances, relationships, available resources, and stage of life.

YOUR EIGHT-DIMENSION CHECK-IN

For each area, mark the response that best reflects your experience right now. No totals, grades, or labels are needed.

A Needs attention **B** Mixed **C** Supported **?** Unsure

		A	B	C	?
SOCIAL	Connection, belonging, and people I can turn to.	☐	☐	☐	☐
ENVIRONMENTAL	Spaces and surroundings that support my needs.	☐	☐	☐	☐
PHYSICAL	Rest, energy, movement, and physical care.	☐	☐	☐	☐
OCCUPATIONAL	Work or service demands and sustainable boundaries.	☐	☐	☐	☐
SPIRITUAL	Meaning, values, faith, or a sense of purpose.	☐	☐	☐	☐
FINANCIAL	Financial needs, pressures, and practical supports.	☐	☐	☐	☐
MENTAL	Focus, thoughts, learning, and cognitive demands.	☐	☐	☐	☐
EMOTIONAL	Noticing, expressing, and navigating feelings.	☐	☐	☐	☐

One area that feels supported: _____

One area I want to understand better: _____

Notice stress without self-judgment

Stress may appear in more than one part of life. You are not required to fix every signal; begin by noticing with curiosity and care.

WHAT AM I NOTICING?

Use a word, example, or short phrase. Skip any area that does not feel relevant.

BODY + ENERGY

Have I noticed shifts in sleep, tension, appetite, or energy?

THOUGHTS + FOCUS

Has my concentration, self-talk, or mental load changed?

EMOTIONS

Which feelings have been more present for me lately?

RELATIONSHIPS

Have stress or demands affected how I connect with others?

WHAT MAY BE CONTRIBUTING?

Consider responsibilities, transitions, unresolved concerns, unmet needs, or conditions beyond your control.

A SELF-COMPASSION CHECK

If someone I care about described this experience, what regard or encouragement would I offer? What might it look like to extend some of that Consideration to myself?

These reflections are clues to explore, not proof of a condition. You can ask for support without first having an explanation.

One supportive step is enough to begin

Wellness is shaped by choices, relationships, responsibilities, and circumstances. A meaningful next step can be small—and asking for help can be part of it.

THREE GENTLE NEXT STEPS

1. **Notice one need.**
   Return to the dimension that deserves attention, without labeling yourself.
2. **Honor one boundary.**
   Consider what you can reasonably change, pause, request, or decline.
3. **Connect with support.**
   Identify a trusted person, helpful resource, or qualified professional.

MY ONE-STEP WELLNESS PLAN

One wellness area I want to care for:

One realistic action within my agency:

A person, resource, or support I may need:

A date to revisit how I am doing:

KNOW WHEN REFLECTION IS NOT ENOUGH

This is not a mental-health diagnosis or treatment guide. Persistent or disruptive distress deserves support from a qualified health or mental-health professional. For immediate danger, contact emergency services; in the U.S., call or text 988 for crisis support.

TAKE THE NEXT STEP WITH CARES

Explore CARES Behavioral Wellness Workshops and the Behavioral Wellness Institute for deeper learning and support. Dr. H. Jean Wright II's Mental Health Success Boost offers an aligned pathway for clergy and faith-community wellness.

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