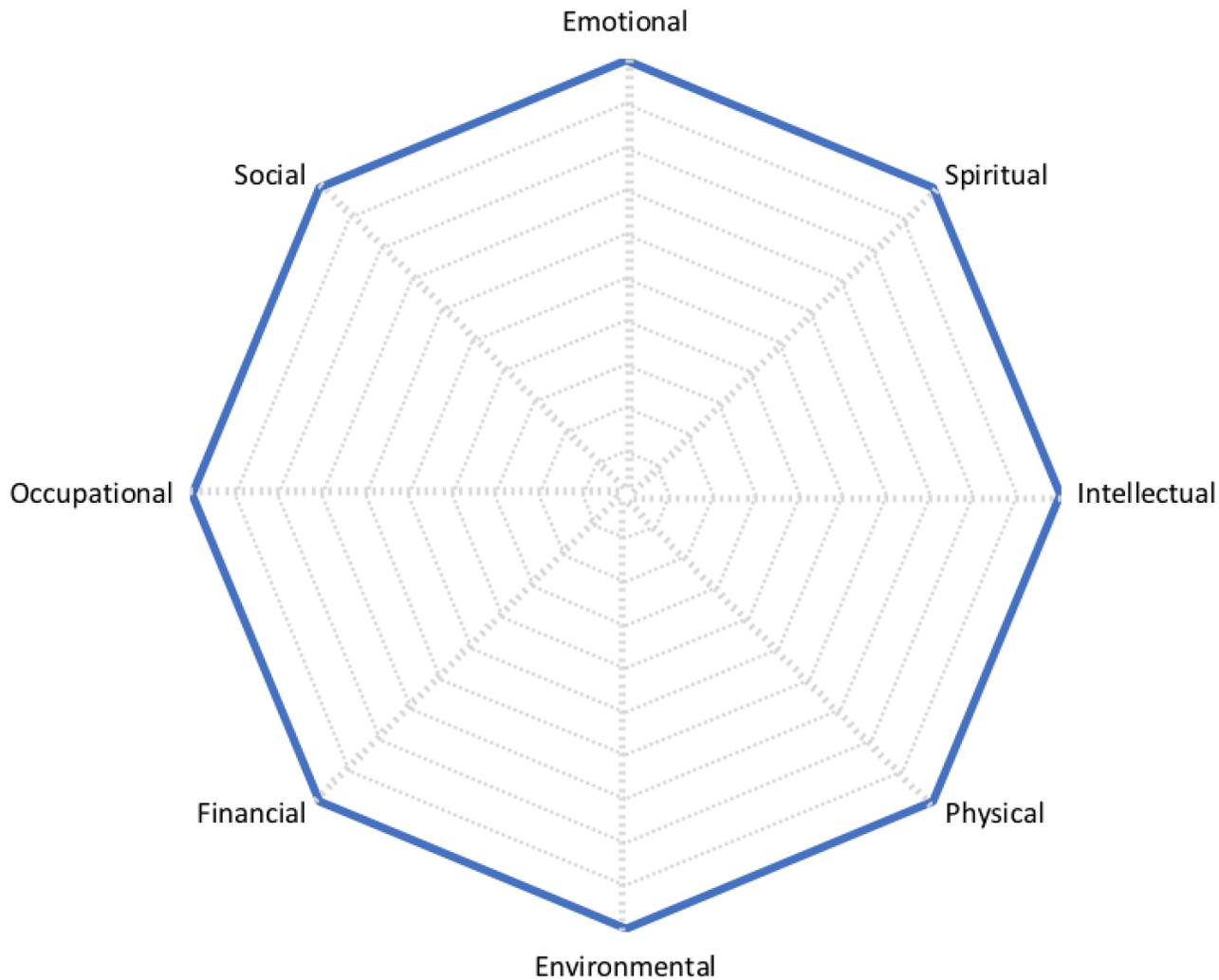


8 Dimensions of Wellness



- 1. Emotional** - Coping effectively with life and creating satisfying relationships
- 2. Spiritual** - Expanding a sense of purpose and meaning in life
- 3. Intellectual** - Recognizing creative abilities and finding ways to expand knowledge and skills
- 4. Physical** - Recognizing the need for physical activity, healthy foods, and sleep
- 5. Environmental** - Good health by occupying pleasant, stimulating environments that support well-being
- 6. Financial** - Satisfaction with current and future financial situations
- 7. Occupational** - Personal satisfaction and enrichment from one's work
- 8. Social** - Developing a sense of connection, belonging, and a well-developed support system



The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one's work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life

Coursework

Research

Teaching

Personal

Other

What is success to you? What is your goal?

What does success look like? When do you know you have achieved your goal?

168 hours in a week – Design how you would like to spend your time

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-1 am							
1-2 am							
2-3 am							
3-4 am							
4-5 am							
5-6 am							
6-7 am							
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11-12 pm							
12-1 pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							
9-10 pm							
10-11 pm							
11-12 am							

Challenge – Track how you actually spend your time when the term starts!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-1 am							
1-2 am							
2-3 am							
3-4 am							
4-5 am							
5-6 am							
6-7 am							
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11-12 pm							
12-1 pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							
9-10 pm							
10-11 pm							
11-12 am							

Setting Goals

1) Set SMART Weekly Goals!



Specific: A specific goal has a much greater chance of being accomplished than a general goal. What exactly do you need to do to achieve your goal?

Measurable: Set the criteria for measuring progress toward each goal you set. When you measure progress, you set up checkpoints for yourself, giving you the momentum of small achievements to help you continue on your path to realization. How will you know when your goal is accomplished?

Attainable/ Achievable: Goals need to be challenging but reachable. What are the incremental steps you need to make progress?

Relevant/ Realistic: Make the goal relevant to *your* life and interests. Goals are much more likely to be met when they are intrinsically motivated. How will meeting this goal help you?

Time Based: A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. How long will it take to reach your goal and when will you start?

TL;DR: You know it's a SMART goal when you can objectively say 'yes' or 'no' to determine if you achieved your goal.

2) Pick a task the night before

Why?

- Time to reflect on today
- Reason to wake up and get started the next day
- Flexibility with any given day, while still making progress toward your weekly goal

3) Pick a time to reassess

Why?

- We're practicing being flexible with our plans and adapting to them.
- Expect there will be times when your plan doesn't work out. Don't throw away your plan! Modify your goals!

4) Don't forget about your own well-being and the 8 Dimensions of Wellness

- Sleep, eat, self-care, socializing with friends and family, leisure and hobbies, etc.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

General Tips and Tricks

- “What is one thing that would make my day successful?”
- “What is the worst/best thing that could happen if I got started on [difficult task]?”
- Break your task down into smaller steps! Maybe you don’t have time to complete your experiment now, but you could outline a few steps.
- Work in small intervals and take frequent breaks to get past the inertia of starting. Don’t have time for 2 hours of work? How about just 15 minutes?
- Ask yourself why a certain task is on your to-do list. If it doesn’t add any value or meaning to your goals, reconsider it.
- Keep a list of your successes in a prominent place and keep adding to it.

Helpful Apps and Programs

Todoist | Web, Windows, mac, iOS, Android | Free and Paid - Its 2-way sync with Google Calendar makes this to-do list a no brainer. Plus it understands natural language such as "every two days starting tomorrow."

Habitica | Web, Chrome Extension, iOS, Android | Free - Gamify your to-do list, level up your character, earn gold by completing tasks, buy gear, collect pets and mounts and fight bosses! It's like an RPG, but in real life!

Dynalist | Web, Windows, Mac, Linux, iOS, Android | Free - Looks like a simple bulleted list, but its organizational features make it the perfect place to put down all your thoughts. If you're currently using Notes, Stickies or similar, you'll probably enjoy Dynalist.

Asana | Web, iOS, Android | Free and Paid - Project management, especially great for collaborating with others

RescueTime | Windows, Mac, Linux, Android | Free and Paid - RescueTime automatically tracks how you spend your time on the computer, generates detailed reports on your time use and helps you set goals.

Toggl | Web, Extensions, iOS, Android | Free and Paid - Toggl is a project manager and timer all in one. Make your categories, name your task, hit the timer and track how you're really spending your time.

ColdTurkey and ColdTurkey Writer | Windows, Mac, Android - ColdTurkey is serious business, once you start it, you can't stop it! ColdTurkey itself will block distracting websites and programs, or lock you out of your computer entirely. ColdTurkey writer is a simple text editor that holds you accountable to your goal - whether it's number of words typed or a certain amount of time spent.

StayFocusd | Chrome Extension | Free - Set allowances for, or block distracting websites to get work done. StayFocusd helps you control your internet usage, has a built-in "nuclear" option, and can even require challenge text to dissuade you from changing the settings.

Forest | iOS, Android | Free and Paid - Plant a tree and let it grow on your screen while you work. Beware, if you navigate away from your screen, your tree will die!

Enjoyed this workshop? Want more support? Occupational therapy services is available to all students for individual meetings and consults. Visit ot.caltech.edu or call (626) 395-8331.