

Wellness Definition: Things I **need** to do each day to keep myself feeling well:

Wellness Activities: Things I can do to help me feel well

Triggers: People, places, things, events or other situations that may cause me stress

Plan: For each trigger, these are the wellness activities that may help

Trigger	Wellness Activities

Resources: If I'm having trouble, I can reach out to the following for support

Academic Resources	Mental Health Resources	Medical Resources	Community Resources
Academic Success Coach	My mental health provider(s)	My primary provider	My place of worship
Student Services Coordinator	Sarah Bentley 402-559-5184	My add'l medical providers/specialists	My community groups
Peer study group or student senator	UNMC CAPS 402-559-7276		NE211.org
Academic Advisor	NE Family Helpline: 1-888-866-8660		
Course Instructor(s)	Crisis Text Line: text 741-741		
	National Suicide Prevention Hotline 1-800-273-8255		

Triggers I can predict:	My plan to deal with it:
Car problems	<ul style="list-style-type: none"> - Problem solve (start saving a little for the cost of repair, have a mechanic in mind) - Vent with a friend/family - Encourage myself "I can figure it out"
Illness/injury of myself or my family	<ul style="list-style-type: none"> - Problem solve (notify important people, reduce workload temporarily, seek supporters/medical help) - Mindfulness of breath - Do one thing at a time
I fail an exam	<ul style="list-style-type: none"> - Prayer/meditation - Do sprints, pump iron - Self-validate feelings, but don't lose sight of facts - Problem solve (get support services, advice, schedule in more studying)
Taking an exam	<ul style="list-style-type: none"> - Mindfulness of breath, heartbeat - Use meditation and relaxation techniques the night before - Tense and release progressive muscle groups