Healthy People, Healthy Leaders

A Time for Reflection

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Since we last met, what reflections have you had about the importance of wellness in your life?
What if you had some dedicated time to think about the role of wellness in your life?

Reflect.

Profess.

Act.

Focusing In - Definitions of Wellness

THE INDIVISIBLE SELF:
An Evidence-Based Model Of Wellness

- Creative
- Coping
- Physical
- Social

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Jumping In

- Visit the folder to access your blank Personal Wellness Plan
- Review the plan and answer the discussion questions

Wellness Plan

Date:  
Name:  

Setting the Stage

Individuals focus on wellness by using strength-based strategies for self-evaluation, the remediation of dysfunction, and optimization of growth (Myers & Sweeney, 2010). Act prepared to move through the sections below, reflect on messages that I have received about taking care of myself, taking care of others, health, mental health, wellness, work, and productivity.
Discussion

1. Overall, how do I want to change?
2. What stands out to me about the barriers of my goals? Are they thoughts, feelings, deeply ingrained habits, or other people?
3. What commitments can I make that will help me better manage stress and more healthily function, overall?
4. How might improved wellness help me be a better leader?

“The challenge is in the moment; the time is always now.” – James Baldwin

Go Forth and DO