

Thriving, Not Surviving at Work: Wellness in the Workplace Note-Taker

Global Career Center 7/18/23

Check-in: *How are you feeling? What are you thinking?*
Use this space at any point throughout our PD.

To Dos: *If you think of anything to do on your list during PD, please write it here so you can stay engaged.*



Emotional:

Occupational:

Physical:

Social:

Intellectual:

Spiritual:

3 glows:

Stress Symptoms:

Musculoskeletal signs

Frequent headaches

Eye strain

Eye twitching

Joint/neck stiffness

Tense muscles/back

Muscle twitching

Trembling/shaking

Restlessness

Tapping feet

Stuttering/stammering

Voice quivering

Grinding teeth

Biting nails

Picking skin

Visceral signs

Heart pounding

Dizziness

Light headedness

Cold chills

Cold hands/feet

Numbness

Dry mouth

Stomach upset

Diarrhea

Profuse sweating

Sweaty palms

Flushed skin

Frequent insomnia

Interrupted sleep

Tingling

Mood and Demeanor

Preoccupied

Forgetful

Confused

Uneasy/uncomfortable

Nervous

Distressed

Edgy

Irritable

Angry

Anxious

Worried

Depressed

Exhausted

Hopeless

Helpless

	Stressor: The thing that starts my stress	Stress symptom: The way my body reacts to the stressor (one of the above choices)	Strategy: The way in which I can respond to the stressor to release the stress from my body
A way I've grown this summer			
A way I'd like to still grow this summer			
<p>What dimension of wellness does my strategy for the way I'd like to still grow fit under? <i>Circle the one that best describes my strategy</i></p> <p style="text-align: center;"> Occupational Physical Social Intellectual Spiritual Emotional </p>			

Notes from partner time:

Self-reflection time:

Guiding questions are below, if you want to use them.

Why is this important to me?

What is 1 thing I will do differently?

What is 1 thing I will keep doing?

How can I ask for help? Who can I ask?

How will I hold myself accountable?