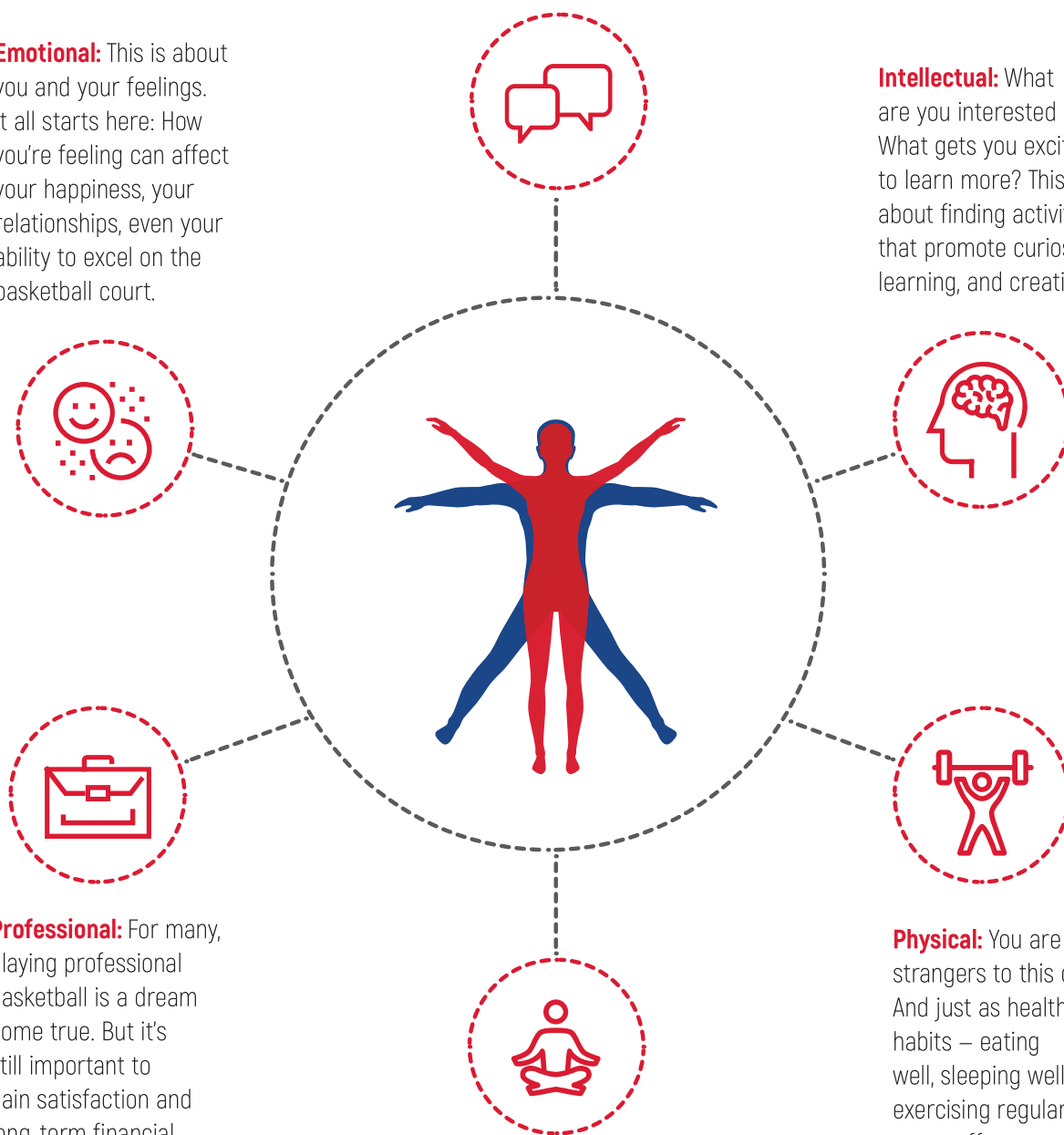


KEYS TO WELLNESS

Social: This is about you and the people in your life. It's important to have a support network – to feel like you're connected to others, to feel like you belong.

Emotional: This is about you and your feelings. It all starts here: How you're feeling can affect your happiness, your relationships, even your ability to excel on the basketball court.

Intellectual: What are you interested in? What gets you excited to learn more? This is about finding activities that promote curiosity, learning, and creativity.



Professional: For many, playing professional basketball is a dream come true. But it's still important to gain satisfaction and long-term financial stability from your work.

Physical: You are no strangers to this one. And just as healthy habits – eating well, sleeping well, exercising regularly – can affect you as a player, they can also affect you as a person.

Spiritual: This is about finding a sense of purpose in your life and developing meaningful connections. Some people find spiritual wellness in faith communities or volunteer opportunities.



MIND HEALTH



BUILDING HAPPINESS WORKSHEET

SELF-CARE ASSESSMENT

So how are you taking care of yourself right now? This might help you decide how to take care of yourself going forward. Fill out the self-care assessment checklist by putting a number from 1 to 5 in the check boxes next to each item.

1 = FREQUENTLY 2 = OCCASIONALLY 3 = SOMETIMES 4 = RARELY 5 = NEVER

PHYSICAL SELF-CARE

- ☐ Eat regularly (i.e., breakfast, lunch, and dinner)
- ☐ Eat healthy foods
- ☐ Avoid use or misuse of tobacco and alcohol
- ☐ Maintain a healthy weight
- ☐ Exercise regularly
- ☐ Take time off when sick
- ☐ Dance, swim, walk, run, or do some other physical activity that I enjoy
- ☐ Get enough sleep
- ☐ Make time away from phones and other screens

PSYCHOLOGICAL SELF-CARE

- ☐ Make time for self-reflection (e.g., think about my values, experiences, and future plans)
- ☐ Engage in personal psychotherapy (e.g., think about who I am, what makes me behave or think the way I do, and what I might change to be the person I want to be)
- ☐ Write in a journal
- ☐ Read books or magazines



- ☐ Do something in which I am not an expert or the person in charge
- ☐ Let others know what I need and want to feel happy or secure
- ☐ Let others take care of me occasionally
- ☐ Say no to extra responsibilities when I already have enough
- ☐ Try new things

EMOTIONAL SELF-CARE

- ☐ Spend quality time with people whose company I enjoy
- ☐ Maintain contact with people I value
- ☐ Treat myself with love and respect by reflecting on my good qualities and accepting that I can't be perfect
- ☐ Take time for comforting activities, people, relationships, and places
- ☐ Allow myself to feel and express emotions (e.g., laughing or crying)

SPIRITUAL SELF-CARE

- ☐ Spend time with nature
- ☐ Participate in a spiritual community
- ☐ Be open to inspiration
- ☐ Cherish my own optimism and hope
- ☐ Value the nonmaterial aspects of life
- ☐ Cultivate my ability to identify what is meaningful and its place in my personal life
- ☐ Meditate/pray
- ☐ Support causes I believe in (e.g., by volunteering)

If you filled in most boxes with 1 or 2, congratulations! You are doing a lot of things right to take good care of yourself.

If you filled in most boxes with 3, 4, or 5, you probably are approaching stress overload and may need to find a healthier balance between your needs and those of everyone around you. The next drill will allow you to commit to taking care of yourself and reducing your stress.