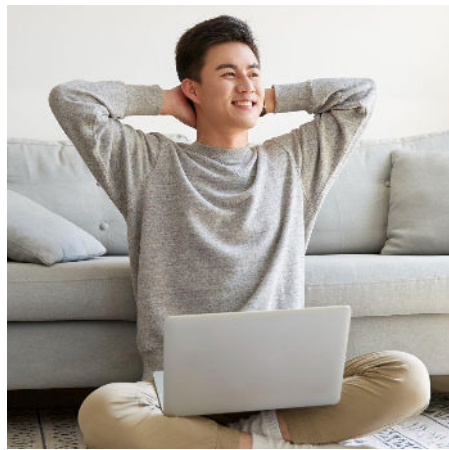
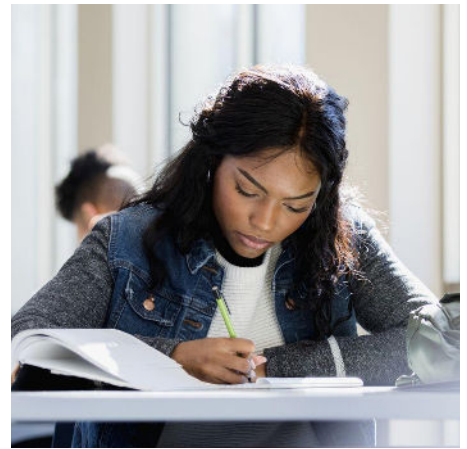


The
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Wellness Action Plan Workbook

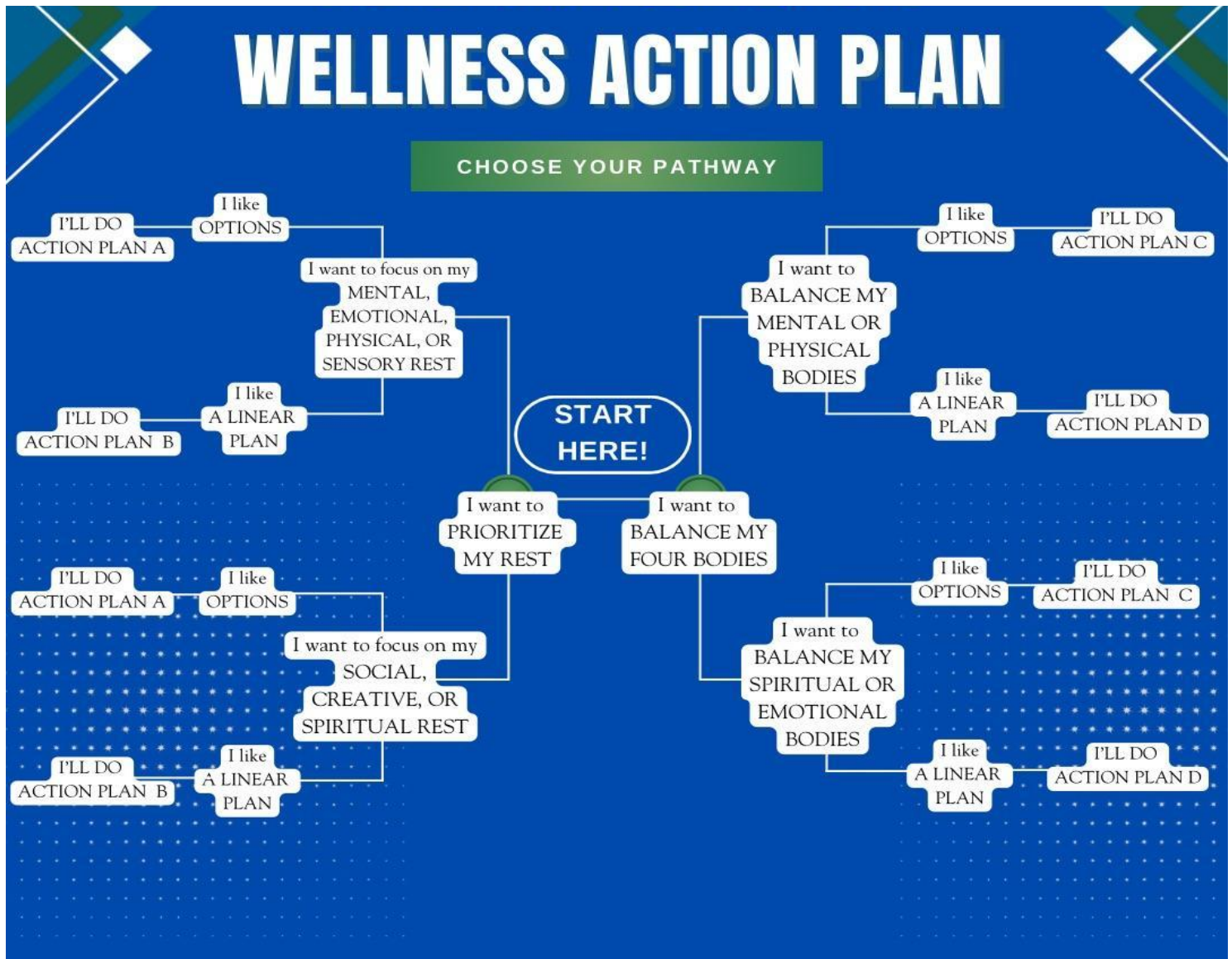


The Steve Fund

The Steve Fund promotes the mental health and emotional well-being of all young people, particularly those from underserved and under-resourced communities, by equipping them, their families, educators, and mental health professionals with the knowledge, skills, and community support needed to achieve their full potential.

OPTION ONE: Personal Wellness Action Plan (15 min.)

Follow this chart below at the “START HERE!” mark to decide which action plan you will complete in the next 15 minutes.



Balance in The Chaos: Wellness Skills for Today's Challenges



ACTION PLAN A:

Create a collection of Rest Checklists for the 3-4 types of rest that you would like to prioritize. Each list should include 5-10 realistic, specific activities you can choose from whenever you feel you need to pour into yourself. Include locations, people, timeframes, resources, etc. that you will incorporate to make your checklist more accessible.

ACTION PLAN B:

Create a SMART goal for 3-4 types of rest you would like to prioritize (one SMART goal for EACH type of rest). Get as specific as possible for each goal. Incorporate locations, timeframes, tracking and reward systems, accountability partners, and any other details that will support you in staying consistent with your goal.

ACTION PLAN C:

Create a collection of Body Balancing Checklists for the 2 bodies that you would like to prioritize. Each list should include 5-10 realistic, specific activities you can choose from whenever you feel you need to pour into yourself. Include locations, people, timeframes, resources, etc., that you will incorporate to make your checklist more accessible in the moment.

ACTION PLAN D:

Create 2 SMART goals for the 2 bodies that you would like to prioritize (one SMART goal for EACH body). Get as specific as possible for each goal. Incorporate locations, timeframes, tracking and reward systems, accountability partners, and any other details that will support you in staying consistent with your goal.

Balance in The Chaos: Wellness Skills for Today's Challenges



EXAMPLE FOR ACTION PLANS A and C:

My Creative Rest Checklist

- *Take a dance class at Dance 101*
- *Go to the sip and paint on Edgewood with friends*
- *Take my journal to Piedmont Park to write poems*
- *YouTube University is a new craft*
- *Color in my coloring book for 30 min*
- *Try one of Minimalist Baker's bookmarked recipes*
- *Do the hairstyle I booked on Pinterest*

EXAMPLE FOR ACTION PLANS B and D:

Those who choose Action Plans B or D will use the S.M.A.R.T. Goal method to create your action plans. Read both the five-part acronym and the action plan example below before getting started on your own plan.

Setting SMART goals

BiteSize Learning

 <p>Specific</p> <p>The goal is concrete and tangible - everyone knows what it looks like.</p>	 <p>Measurable</p> <p>The goal has an objective measure of success that everyone can understand.</p>	 <p>Attainable</p> <p>The goal is challenging, but should be achievable with the resources available.</p>	 <p>Relevant</p> <p>The goal meaningfully contributes to larger objectives like the overall mission.</p>	 <p>Timely</p> <p>This goal has a deadline or, better yet, a timeline of progress milestones.</p>
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Balance in The Chaos: Wellness Skills for Today's Challenges

MY PHYSICAL BODY SMART GOAL

- *S. Losing __ pounds in three months through outdoor activities.*
- *M. Completing at least 3 outdoor activities each week and tracking on my office whiteboard.*
- *A. I will try to do a combination of outdoor activities (walking, tennis, biking, skating, etc.) to give myself options and inspiration for being consistent. I'll also come up with a list of indoor backup plans for inclement weather.*
- *R. The outdoor activities will not only help me lose weight but will also improve both my mental and Physical health through consistent exposure to vitamin D, fresh air, community members, etc.*
- *T. I will track at least 12 outdoor activities by the end of each month until December and reward myself with an ice cream treat if I make the mark.*



OPTION TWO: Community Care Action Plan (15 min.)



In this adventure, you will choose 1-2 community issues you care about and develop a plan to support each cause. Create a plan that feels sustainable and realistic for you. We want you to support the community and yourself with proper pacing and mindful moves.

REFLECTION #1: What are 1-2 community issues that you care about and *why*?

Write your response here.

REFLECTION #2: What are 2-3 strengths or talents that you could pour into this cause and *how* are they relevant?

Write your response here.

REFLECTION #3: What system will you create or use for reflecting, re-evaluating, re-charging, and resting as you care for your community?

Write your response here.

TSF Resource for young people

The
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My Digital
Sanctuary

My Digital Sanctuary (MDS)

My Digital Sanctuary is the Steve Fund's interactive digital safe space designed for young people. Through curated resources, storytelling, reflective exercises, and mental health tools grounded in pillars such as *Hope*, *Justice*, *Love*, and *Soul Care*, MDS provides accessible support anytime, anywhere.

