

# Holistic Wellness Plan

Foundation	What foundational health aspect will I focus on (nutrition, exercise, sleep)?
Daily Practice	One new wellness technique to practice daily:
Support System	Who can I reach out to for support? Family: Friends: Professional (therapist, support group, community organization):
Community Engagement	What community events provide culture and/or mental wellness?
Knowledge	How can I stay informed about holistic mental health practices and resources?
Reward	What will change in my life after implementing my wellness plan? How will I reward myself for making those changes?

\*\*\*After completing the wellness plan, complete an action plan for how you will fulfill each step.