



Doors to Wellbeing Quarterly

Newsletter

TAKING ACTION FOR WHOLE HEALTH AND WELLBEING: A LOOK INSIDE

Taking Action includes many different concepts and ideas! Here are a few:

Self Care

Our self-care is often crucial to our ability to ensure a clear view and is at the core of our inner wellbeing ecosystem. Our wellbeing ecosystem is an interaction between 5 elements of our life: self-awareness, social awareness, personal management, relationship management, and decision making. Our endurance and resiliency for wellness is measured by our focus and commitment to self-care.

Although we have many unique ways of practicing self-care, there are some critical essentials we have in common, including sleep, nutrition, exercise, music, meditation, prayer, reading, journaling, time with pets, and more!

Reflection: What are some self-care practices that impact these 5 elements for me? Consider making a list of practices, resources, and supports that are easy to turn to and use anytime you need self-care.

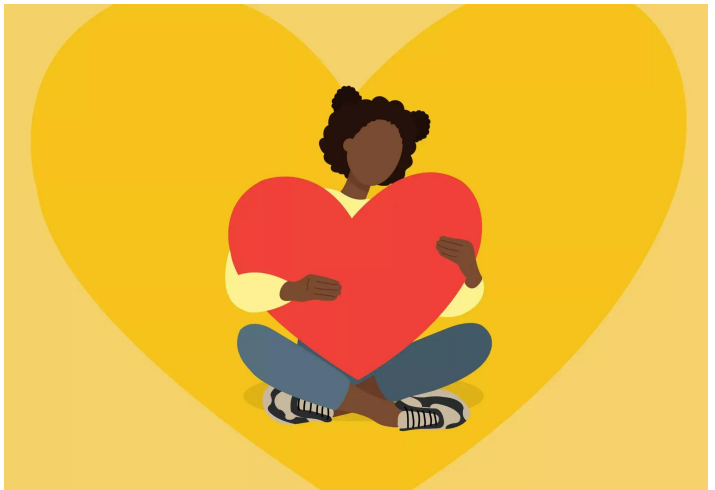
DOORS TO
WELLBEING

Self-Compassion

Another essential element to self-care is self-compassion. Self-compassion is a way of emotionally relating to ourselves, giving time, space, and permission for us to experience our common humanity. Sometimes we can give ourselves harsher internal messages when we are going through a difficult time; harsher than we would ever say to a friend. Comments like “toughen up” and “pull yourself together” may be ingrained. Rather we can give ourselves permission and time to feel vulnerable, stressed, and emotional. Self-compassion is treating ourselves with unconditional regard, care and understanding much like we would for a child we love or a best friend.

When we are practicing our best self-care we make better decisions, we remain more self-aware, we better manage ourselves, connect better with those around us and improve our relationships with a greater capacity to support others.

Reflection: Practices and strategies that enhance my self-compassion that I have found or could try...



Self-Esteem

Self-Esteem is a key concept to wellbeing. It is based on our view and relationship with ourselves and on the degrees in which will value ourselves.

Self-esteem is essential to our self-care and plays a significant role in our ability to act upon the other concepts to wellbeing. Without self-esteem there can be no self-care. Studies on self-esteem in the general population have shown that over 85% of people struggle with low self-esteem. Like hope, what supports and represents self-esteem is a unique and individualized thing in each of our lives. We are each tasked with opportunities to craft how, when and in what ways we support our self-esteem. We are the experts in our own self-esteem and only we know when we are practicing thoughts and actions that are raising or lowering our self-esteem. We all benefit from raising our self-esteem and there are no benefits to participating in thoughts, actions and relationships that lower our self-esteem.

Reflection: How self-esteem affects my wellness is...

Activity: Let's keep building our self-esteem by making lists below on the following:

- Five personal strengths
- Five admirable things about myself
- Five greatest things I have accomplished in my life so far
- Ten ways I can treat myself or reward myself
- Ten ways I can make myself laugh
- Ten things I can do to make myself feel good about who I am

WHAT ELSE DOES TAKING ACTION INCLUDE?

While Taking Action for Whole Health and Wellbeing begins with an emphasis on self-care and self-compassion, there are many other important concepts and topics to explore and discuss, including the following:



The Key Concepts:

Self-Esteem
Hope
Self-Determination & Empowerment
Education & Research
Self-Advocacy
Building a Strong Support System
Community Inclusion
Connection

The Wellness Toolbox:

The foundation for our creating action plans and building support for wellness is having a wellness toolbox. These are tools, resources, activities or practices that we can access easily when needed. Wellness tools empower us to take action on our own behalf.

Action Planning for Prevention and Recovery:

Daily Maintenance Plan

- Feeling Well
- Dreams and Goals
- Daily List
- Reminder List

Navigating Difficult Times

- Triggers and Action Planning
- Early Warning Signs and Action Planning
- When Things are Breaking Down or Getting Worse and Action Planning

Crisis Planning
Post Crisis/Relapse Plan

Wellness Tools are safe, simple and accessible as we define that for ourselves.

After creating a crisis plan, you may use it to create a legal medical Advanced Directive or Psychiatric Advanced Directive (PAD). Additional courses or consulting a legally trained professional can support us to transfer information from this crisis plan into a legal document. Each state has different requirements for making this a legal document. **You can find more information on your state's PAD laws, [here!](#)**

To learn more about Taking Action for Whole Health and Wellbeing, [click here!](#)

RECLAIMING EMPLOYMENT IS RECRUITING FOR A NEW STUDY!



Business Support from
people who have been there

**Have a business idea and
questions about self-employment?
Participate in a Research Project!**

Reclaiming Employment uses real-world wisdom, peer support, and the science of online learning to help users achieve their vision of small business success.

New research trial starts June 2025.

To find out more about joining visit
ReclaimingEmployment.com/research

**Wondering if you are
eligible? Here are the
requirements:**

- Attend informational webinar
- 18 years of age or older
- English speaking
- Reliable Internet access
- Reside in the U.S.
- Plan to start a business
- Have experienced mental health challenges related to work

**You must register
and attend one
introduction session
by June 19, 2025.**

All study participants will:

- Be compensated up to \$75 for participation
- Receive access to
ReclaimingEmployment.com (although for
some participants this will be delayed)
- Be provided an informational resource list.

Have questions? Email
info@reclaimingemployment.com

**LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
..SEPT. 2025**

*Doors to To Wellbeing is a Program of
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Copeland Center
FOR WELLNESS AND RECOVERY

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