

WELLNESS ROADMAP



arc.unsw.edu.au/wellness

WHAT IS Arc WELLNESS?

Hello! At Arc Wellness we're all about helping students integrate mental health and wellbeing practice into their everyday lives. Our priorities include destigmatising the conversation around mental health at Uni, sharing resources to help students, and making campus a brighter and healthier place for everyone.

How to use this roadmap...

We are so happy you found this roadmap. It will help you identify your wellbeing goals and guide you, step by step, to achieving them. Together, we'll plan a journey that fits your needs and personality, and you'll track your progress each week as you get closer and closer to your destination.

There are 3 key stages to the journey:

- 1. Starting Strong** - This all about setting you up for success. It will help you build the knowledge, self-awareness, and motivation to achieve your goals.
- 2. Journey Planner** - This is where we'll help you take your journey one step at a time. There will be personalised activities, fun ways of reflecting and learning, and opportunities to practice your new skills.
- 3. Future Proofing** - This is the part where you'll look back on your journey, celebrate your successes, and come up with a plan for staying on track.

At the end, you will find details of support services that are here for you if things ever get too overwhelming. Please don't hesitate to refer to it.

Each week you'll try a new activity to build the skills needed to achieve your goals. You'll find that some of the activities will resonate more than others and that's totally fine; figuring out what does and doesn't work for you is a key part of the learning process.

We hope you find this helpful!

Sincerely,

Arc Wellness Team



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UNDERSTANDING WELLBEING

WELLNESS VS WELLBEING

We often hear the words 'wellness' and 'wellbeing' used interchangeably, but what do they mean?

'Wellbeing' describes our overall state. It refers to our subjective experience of everyday life – **how we feel**. To have good wellbeing is to feel good and function well. For example, to feel joyful and satisfied with life, and mentally and physically healthy.

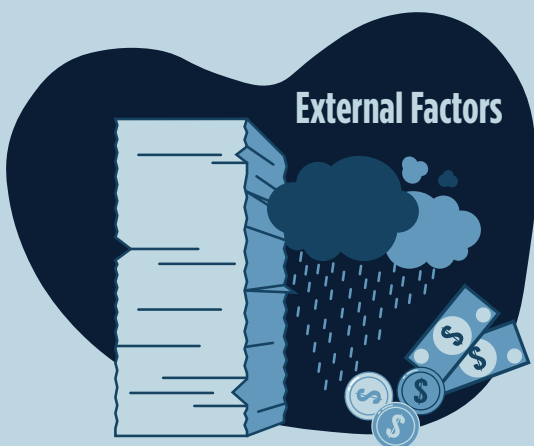
'Wellness' describes the practices we keep to maintain good wellbeing. It's about **what we do**. For example, eating well, practicing self-compassion, and getting out into nature are all things we **do** that help us **feel** well.

CAN WE CONTROL EVERYTHING?

Our wellbeing can be affected by **internal** and **external** factors. We'll be focussing on the internal factors, and that's because they're much easier to influence, making them the more **efficient and reliable route to wellbeing**.

External things, like the cost of living, other people's behaviour, and the weather, are much harder, and often impossible, to control. While these things do affect our wellbeing, we are much better able to cope with them when we have **strong internal wellbeing skills**.

For example, instead of putting all our energy into changing the weather, we're better off working on the capacity to feel content when it rains!



Remember!

This doesn't mean you shouldn't try to positively impact your external circumstances, like applying for a promotion or moving to a safer neighbourhood. It is about being conscious of where you're spending your energy and maximising the reward.

AREAS OF WELLBEING

We can break wellbeing down into five areas to help us understand it. Within each of these areas there are skills we can develop to build our capacity for good wellbeing.

Physical

Emotional

Social

Existential

Balance

Physical



Sleep – the quality and quantity of our sleep.

Nutrition – how well the food we eat nourishes our body and mind.

Movement – how moving our bodies impacts our wellbeing.

Nature – time spent in nature and our relationship with it.

Social



Empathy – the ability to understand and experience the feelings of another.

Communication – the accurate exchange of meaning between people.

Belonging – feeling secure, accepted, and appreciated in a group.

Attachment – the health of our social relationships and how we feel about them.

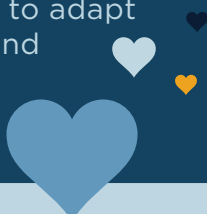
Emotional

Self-awareness – the ability to recognise our own personalities, and how our thoughts and feelings impact our behaviour.

Self-regulation – the ability to manage our reactions to our feelings.

Self-confidence – belief in our value and trust in our ability to handle new situations.

Resilience – our ability to adapt healthily to stressors and maintain wellbeing in the face of difficulty.



Existential

Identity – our sense of who we are and what we stand for.

Mindfulness – the ability to be fully present, noticing thoughts, feelings, sensations, and surroundings without judgement.

Purpose – feeling that our actions and experiences have meaning as part of a bigger picture.

Peace – peace of mind and lack of inner conflict; gratitude and acceptance for how things are.



Balance

Balance is an essential part of wellbeing. It nurtures our energy stores, protects us from burn out, and ensures we don't miss out on important parts of life.

Two of the most fundamental ways to balance energy are:

Active // Restorative

Active time is spent moving towards goals, focussing our attention, and taking purposeful action.

Restorative time is spent resting, daydreaming, and growing our energy stores. It is time where we are not trying to achieve anything, we are just being.

In **active** states, we tell our minds and bodies what to do. In **restorative** states, we make space for our minds and bodies speak to us. This is why our best ideas often come when we're not trying!



Self // Others

Nurturing strong, compassionate, and loving relationships with **ourselves** is one of the most impactful things we can do for our wellbeing. **It makes everything else easier.**

How we relate to other people, behaviours, and information is all dependent on our relationship with ourselves. For example, when we feel badly about ourselves, we are more likely to accept poor treatment from others, engage in harmful behaviours, and seek out information that confirms negative beliefs.

Nurturing supportive and compassionate relationships with **others** is fundamental to our social wellbeing. It helps develop strong support networks and opportunities for laughter and connection.

If we focus too much on others, we can lose **ourselves**. If we focus too much on ourselves, we can lose **others**.



ALL CONNECTED

You might notice that **all areas of wellbeing are connected** to one another. For example, spending meaningful time alone might improve self-confidence, and improving self-confidence might improve resilience. This principle can also help us address things we want to do but get stuck on.

For example, we might feel lonely and want to make more meaningful connections with people, but when we try, we feel too different from other people to imagine having close friendships with them. The reason for this might be that we need to build our capacity for empathy first. Empathy helps us understand and relate to other people; it can help us see commonalities more than differences.

Looking back at the descriptions for each wellbeing skill, have a go identifying which skills might help us with the following:

Feeling Like We Belong In a Group

Enjoying Hobbies

Exercising Regularly

Being More Present

WELLBEING QUIZ

With so many components to wellbeing, it can be hard to know where to start. But don't worry, we got you.

We're more likely to have success if we focus on one goal at a time. That's why we created the Wellbeing Quiz - so you know which areas to prioritise.

The Wellbeing Quiz is an evidence-based assessment that looks at your skills and capacities in each of the 5 areas of wellbeing. You'll calculate your personalised results, and these will help you choose the areas to focus on.

It takes about 3 minutes, and just doing the quiz helps develop self-awareness, so you're already ahead of schedule!

When you've calculated your scores using the key over the page, come back here to fill out your Strengths and Opportunities.

Strengths

Which 5 skills scored the highest?

1.

2.

3.

4.

5.

Great! These are your current strength areas. They will be super helpful to lean on as you grow.

Opportunities

Which 5 skills scored the lowest?

1.

2.

3.

4.

5.

Great! These are your areas of opportunity. Choose the area you'd most like to work on now. You don't have to pick the one with the lowest score, it's more important we start with something you feel excited to develop.

Remember, all areas of wellbeing are interlinked, so when we improve one skill, we might find that another skill improves too. For example, if you spend more time in nature, mindfulness might also improve, and if mindfulness improves, self-regulation might improve too. At the end of this journey, you can take the Wellbeing Quiz again to see how your scores have changed.

Key:

N = Never **R** = Rarely **S** = Sometimes **O** = Often **A** = Always

PHYSICAL WELLBEING		N	R	S	O	A
1	I wake up feeling energised and ready for the day					
2	I eat a varied, colourful diet that makes me feel my best					
3	I move my body (e.g. walking, dancing, sport, gym, yoga) for 30 minutes or more a day					
4	I am outside, where I can see nature, for 30 minutes or more a day					
EMOTIONAL WELLBEING						
5	I recognise how my emotions impact my behaviour					
6	I choose responses to my emotions that prioritise long-term goals and values, rather than short-term impulses					
7	I believe in my ability to handle new or unfamiliar situations effectively					
8	When faced with challenges, I adapt my approach and regain a positive outlook					
SOCIAL WELLBEING						
9	I am able to see from other people's perspectives, even when I disagree with them					
10	When I express myself to others, they seem to clearly understand what I mean					
11	I have meaningful relationships where I am understood and appreciated for who I am					
12	When facing uncertainties and challenges I trust that the important people in my life will be there for me					
EXISTENTIAL WELLBEING						
13	I feel confident in my understanding of who I am and what I stand for					
14	I intentionally bring my attention to the present moment, and engage fully with my feelings and surroundings					
15	My experiences have a strong sense of meaning and purpose					
16	I feel a sense of peace and harmony within myself, regardless of external circumstances					
BALANCE						
17	I take time each day to do something I enjoy on my own					
18	I enjoy meaningful connections with others daily					
19	I achieve something each day, however small					
20	I practise intentional rest daily					

SCORING

To calculate your scores, fill in the table below with numbers 1 – 5 according to your answers. Add these together to get your overall score for each area of wellbeing.

Never = 0 Rarely = 1 Sometimes = 2 Often = 3 Always = 4

QUESTION NO.	SKILL AREA	SCORE
--------------	------------	-------

1	Sleep	
2	Nutrition	
3	Movement	
4	Nature	
OVERALL PHYSICAL WELLBEING		

5	Self-awareness	
6	Self-regulation	
7	Self-confidence	
8	Resilience	
OVERALL EMOTIONAL WELLBEING		

9	Empathy	
10	Communication	
11	Belonging	
12	Attachment	
OVERALL SOCIAL WELLBEING		

QUESTION NO.	SKILL AREA	SCORE
--------------	------------	-------

13	Identity	
14	Mindfulness	
15	Purpose	
16	Peace	
OVERALL EXISTENTIAL WELLBEING		

17	Relationship with Self	
18	Relationships with Others	
19	Active time	
20	Restorative time	
OVERALL BALANCE		

Now, flip back to fill out your top Strengths and Opportunities (on page 8.) before moving on. They will help you with goal setting.



GOAL SETTING

Whatever big goals you may have, it's good to remember that the road to their achievement is through small but consistent daily habits, often formed through routines. Approaching goals this way can make all the difference.

Read the tips below and try breaking down a big goal into smaller SMART goals on the opposite page.

SMART goals

Setting goals in a specific and intentional way can be helpful in achieving them. A good way to do this is through SMART Goal Setting.

Specific: Narrow in on exactly what you need to complete. If your goal is too broad, it can help to ask “yes, but how?” e.g. if it’s “I want to be more present”, a more specific goal would be “Committing to writing in my journal...”

Measurable: You should know for sure when you’ve completed your goal to the standard you set and be able to track your progress. Referring to increments of time can help with this, e.g. “Committing to writing in my journal every evening before bed, for at least 5 minutes...”

Attainable: Make sure you’re being realistic with yourself. Remember, you need and deserve time to rest too, and pacing yourself will make your efforts more sustainable.

Relevant: Make sure it aligns with your core values and is something you truly want. If this goal exists because of others’ ideas of success, you’re unlikely to be motivated enough to complete it, and it might not even make you happy.

Time-bound: Set yourself a rough deadline, to help with motivation and accountability e.g. “Committing to writing in my journal every evening before bed, for at least 5 minutes, until the end of the month.”

If you want to be **SMART-R** about it, plan for a **Reward** for completion too, to keep yourself motivated!

Top Tips

Remember, “perfect” doesn’t exist. It’s okay to struggle and you’re doing well as long as you’re trying.

The 70% Rule

Instead of asking yourself - how can I make it 100% perfect, ask yourself how you can make it 70% perfect.

The 2-minute rule

Often we procrastinate because a task seems overwhelmingly complex or takes too much time. The 2 minute rule encourages us to do a simplified version of a habit, slowly increasing the effort factor over time.

The Law of Diminishing Returns

Have you ever kept adding more and more of something to a project, but it was not paying off as much as before? - that’s the law of diminishing returns. It’s all about letting go of extreme perfectionism and finding that sweet spot where you’re getting the most out of your efforts without overdoing it.



Big Goal

Eg. Have a strong yoga practice

SMART Goal 4

Eg. Practice yoga 4 times a week for at least 25 minutes by 1st July

SMART Goal 3

Eg. Practice yoga 3 times a week for at least 20 minutes by 1st June

SMART Goal 2

Eg. Practice yoga 3 times a week for at least 15 minutes by 1st May

SMART Goal 1

Eg. Find a beginners yoga instructor I like, and start practicing for at least 10 minutes three times a week by 1st April



MY EMERGENCY SELF CARE PLAN

Life can come with its ups and downs, and that's completely normal. Use the sections below to create a self-guided self care plan. It can help to have clear actions and supports in place to refer to when you feel more low than usual.

People I can trust, who I can contact

Name:	Number:
Name:	Number:
Name:	Number:

Things that have worked for me to re-center in the past:

Activities I enjoy, that make me feel more alive:

I know that when I'm not doing too well, these things should be my top priority:

Resources I can use to get myself the care I need and deserve:

A Quick Mental Health Decline Checklist

Sometimes, changes in mental health can sneak up on us. Remember that many people have times of struggle and know that help is always available. You're not alone. If you or someone you know is experiencing a mental health decline, it's important to recognize the signs early and seek support. Take a look at the checklist below:

- Noticeable alterations in sleep patterns and eating habits
- Rapid and dramatic shifts in emotions, feeling excessively irritable or consistently low.
- Lack of energy to engage with family, friends, or participate in social activities.
- Decline in academic, work, or social performance, like quitting extracurriculars, failing classes, or struggling with routine tasks.
- Difficulty concentrating, remembering things, or forming coherent thoughts.
- Feeling more irritated or drained than usual by sights, sounds, smells, or touch.
- Struggling to find motivation or desire to participate in activities.
- Experiencing a sense of unreality or disconnection from oneself and surroundings.
- Overwhelming fear, suspicion, or uncomfortable anxiety.
- Negative changes in relationships with family, peers, or co-workers.

**This is not a diagnostic tool.*

Feeling off and reaching out for help can feel worrying and scary. Remember, you are never a burden, and you deserve love, kindness and guidance from others. Talk to those you trust and seek professional help; you are worth making a positive change for.

Contact the provided services for information on accessing confidential counseling or more professional assistance. Taking the first step is worth it.

UNSW Mental Health Connect	9385 5418
UNSW Mental Health After Hours Text Line	0485 826 595 (Mon-Fri, 5PM-9AM and anytime on the weekends)
NSW Mental Health Line	1800 011 511

If your life is in danger, contact 000 immediately



FOUNDATIONS

TRANSFORMING LIMITING BELIEFS

The beliefs we hold about ourselves and the world around us can limit or enable our ability to reach goals, depending on what they are. When we believe something, we unconsciously behave in accordance with that belief, and seek to prove ourselves right.

For example, if I believe “I don’t like vegetables” I won’t bother going in the vegetable aisle at the supermarket, and when I do eat vegetables, I will be looking for things about them I don’t like. However, if I believe “I am developing my taste for vegetables”, I’ll be more curious about which vegetables I might enjoy and look for things I like about them when I do eat them.

Consider your goal and the beliefs you have about yourself or the world that might influence your ability to succeed. Have a look at the examples below and use the spaces to transform your own limiting beliefs into enabling beliefs.

LIMITING BELIEF	ENABLING BELIEF
I don't exercise	I am learning to enjoy exercise in my own way
I am socially anxious	I am practicing how to feel comfortable in social situations

HARNESSING MOTIVATION

Sometimes it can be hard to find the motivation to keep working towards our goals when things get difficult, and that’s a totally normal part of the process. Imagining what it will feel like when we get there can be a great motivator. Take a mindful moment to answer the questions below and see how it makes you feel.

What would achieving my goal enable for me?

What experiences or opportunities would achieving my goal open up to me?

How will I feel when I achieve my goal?

BARRIERS ARE THE KEY TO SUCCESS

The barriers we face when working towards our goals hold powerful insights into how we can be successful as we keep going. When you meet a barrier, ask yourself “what can I learn about myself from this?”.

For example, if my goal is to go to the gym in the morning but I can’t resist pressing snooze when my alarm goes off, that might tell me that sleep is an important need for me at the moment. By prioritising sleep and going to bed earlier, I can address my needs and remove the barrier.

Or maybe I feel anxious going into the gym because everyone there seems to know what they’re doing. What limiting beliefs might that reveal? And how might I transform those into enabling beliefs like we did earlier on?

As you move towards your goal with this roadmap, you’ll have the opportunity to reflect on and learn from your barriers. Not only will this strengthen your relationship with yourself and improve resilience, but it will develop your ability to reach any goal you set for yourself.

Remember!

Having goals doesn’t mean that who we are today is not enough. We are all a unique combination of our experience, biology, and circumstance, and we are changing and growing all the time.

We can love and accept ourselves as we are, while also feeling excited for who we will become.

CHECKPOINT 1

Every 2-4 weeks, choose an activity from the activity bank, and complete a checkpoint. Remember, regular habits are the key to reaching our goals.



Activity Completed:

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MOOD TRACKER

Each week, decorate a cloud in a way that best represents how you've been feeling.



LOOKING FORWARD

What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

CHECKPOINT 2



Activity Completed:

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

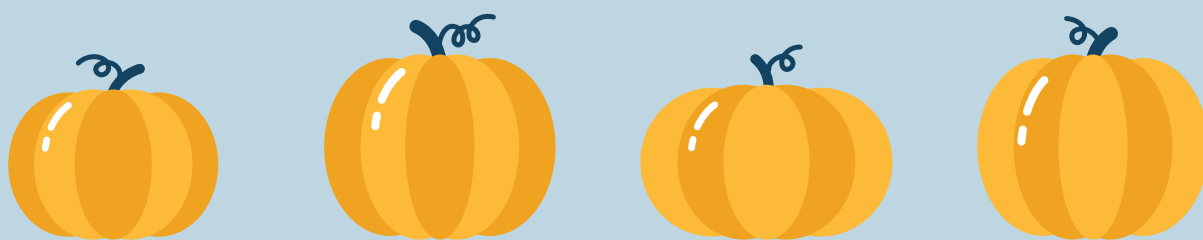
What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, draw a face on the pumpkin that best represents how you've been feeling.



LOOKING FORWARD

What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

CHECKPOINT 3

PROGRESS

Activity Completed:

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

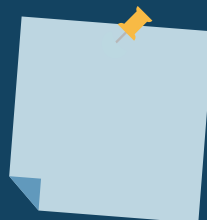
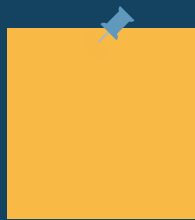
What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, write a word/draw a picture on a post it note that best represents how you've been feeling.



LOOKING FORWARD

What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

CHECKPOINT 4

Activity Completed:



PROGRESS

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

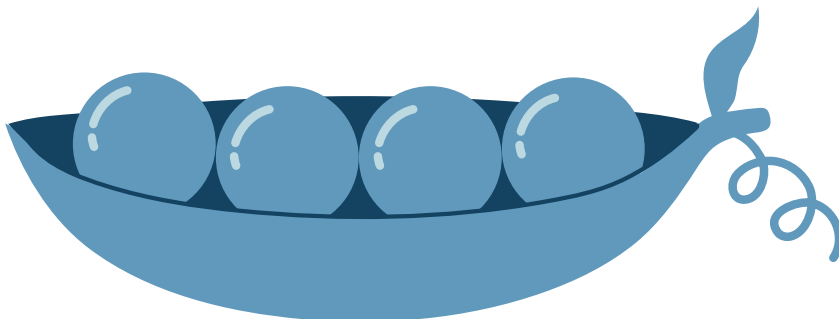
What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, draw a face on a pea that best represents how you've been feeling.



LOOKING FORWARD

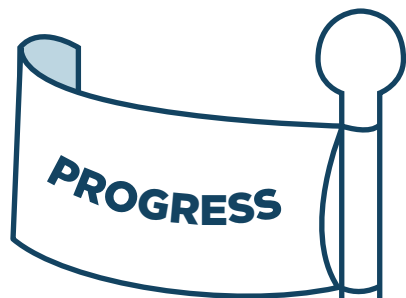
What is a super achievable mini goal I can accomplish before the next checkpoint?

What do I need to believe to achieve my mini goal?

How will my strengths support me in that?

How will I feel when I achieve my mini goal?

CHECKPOINT 5



Activity Completed:

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, draw a pattern on a succulent pot that best represents how you've been feeling.



LOOKING FORWARD

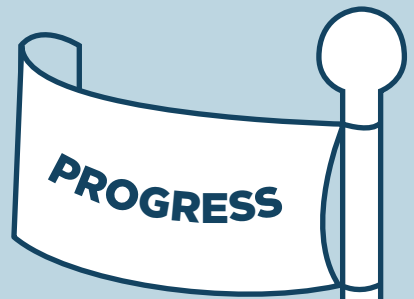
What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

CHECKPOINT 6



Activity Completed:

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

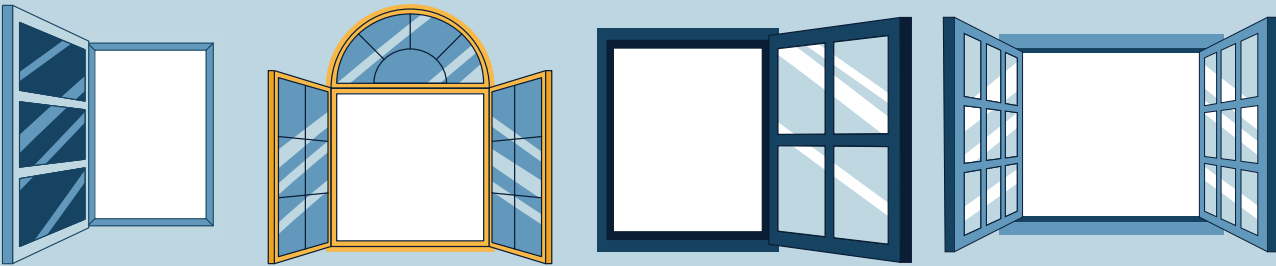
What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, write a word/draw a scene in a window that best represents how you've been feeling.



LOOKING FORWARD

What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

CHECKPOINT 7

Activity Completed:



PROGRESS

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

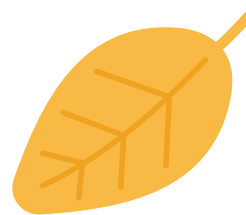
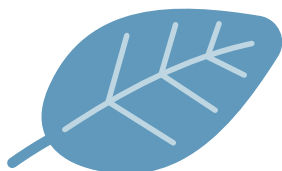
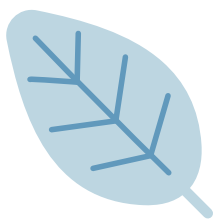
What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, draw a face on a leaf that best represents how you've been feeling.



LOOKING FORWARD

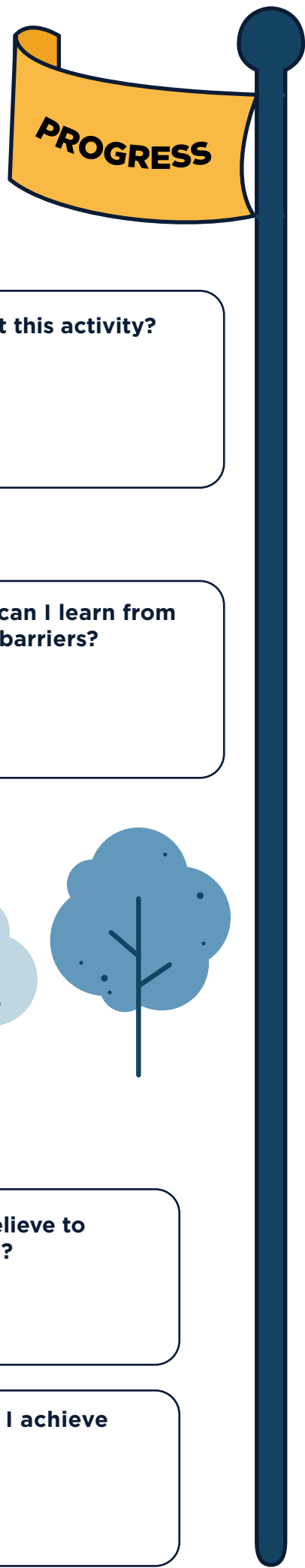
What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

CHECKPOINT 8



Activity Completed:

REFLECTION

What about this activity challenged me?

What did I like about this activity?

MINI GOAL

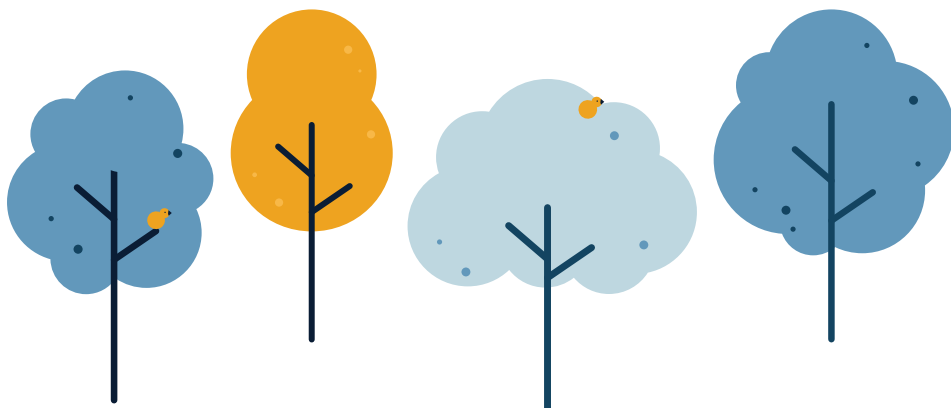
What went well when practicing my mini goal?

What barriers did I face?

What can I learn from those barriers?

MOOD TRACKER

Each week, decorate a tree to best represent how you've been feeling.



LOOKING FORWARD

What is a super achievable mini goal I can accomplish before the next checkpoint?

How will my strengths support me in that?

What do I need to believe to achieve my mini goal?

How will I feel when I achieve my mini goal?

WELLNESS ACTIVITY 1

Sleep

Restorative

Mindfulness

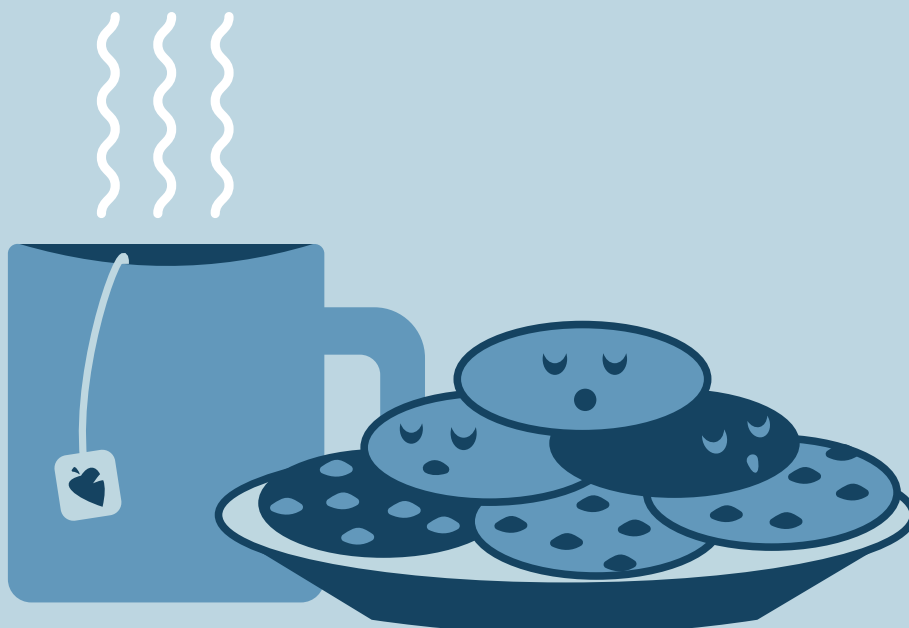
PROGRESSIVE MUSCLE RELAXATION

1. Sit or lie down somewhere comfortable where you won't be distracted.
2. Close your eyes and focus on your breath, letting go of the day so far.
3. You're going to start with the muscles in your face, then shoulders and back, slowly moving all the way down to your toes.

With each part of body, tense your muscles as hard as you can, and then release and relax them, then consciously relax them even more, and let them feel still and heavy, dragged down by the gravity of the earth.

4. At the end of your scan, keep your eyes closed, let your body sink down and feel the heaviness of your body and the support of the surface beneath you.
5. If you are doing this to fall asleep, leave the reflection exercise for the morning. If you're doing it to relax, let yourself slowly open your eyes, and start the reflection exercise from your Checkpoint.

Take some time to reflect on what ran through your mind, and how you felt before, during and after:



WELLNESS ACTIVITY 2

Relationship With Self

Self-Awareness

Self-Confidence

Sometimes, things can get a little overwhelming. Such periods are a good time for self-reflection. Here is a list of questions you can ask yourself to check in and help yourself feel more centred. You deserve kindness, so treat yourself like you would a friend and be honest with yourself.

Dear me,

How am I truly feeling right now?

How is my body feeling? (Where can you identify tension, tingling, tiredness or other sensations in your body? Try and consciously scan your whole body from head to toe.)

How is my mind feeling?

Were there times I was too harsh on myself lately, or didn't give myself the attention I deserve?

What are some ways I can be kinder to myself moving forward?

Is there something I've really wanted to do for myself lately that I keep putting off? If yes, what can I let go of to make space for it?

What am I proud of myself for? (Even the smallest win counts!)

Which of my strengths helped me get there?

What message do I want to give myself to take into the next few weeks?

WELLNESS ACTIVITY 3

Self-Regulation

Mindfulness

Intentionally focusing on hearing, touch, smell, taste, and sight might offer quick relief when you are feeling particularly overwhelmed or anxious. Try this now as a grounding technique or keep it in mind for later.

A popular grounding technique is the **5-4-3-2-1 method**, to help shift focus externally rather than internally. First, you may want to start with a simple deep breathing exercise. To do this, you breathe in for 4 seconds, hold your breath for 4 seconds, and then breathe out for 4 seconds and hold for 4 seconds. Do this until you're feeling a little more relaxed.

When you can find your breath, try practicing the 5-4-3-2-1 technique. For that, you want to look around and focus on: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.

Some people find that focusing on one sense at a time works better for them. Here is how you can do that...



Sight

Narrow in on a single object or look at the whole picture in front of you; notice the colour, texture and patterns. Watch a blade of grass move in the wind, observe pedestrians in front of you, or focus on how the light falls.



Touch

You can try focusing on how your clothing feels on your body or how your hair feels on your head. Alternatively, touch different body parts by pressing down and holding for 30 seconds before moving to a different area. This can help ease physical symptoms of anxiety.



Hearing

Sit for a moment and listen intently, diving into all the layers of sounds, see how many things you can list.



Smell

Breathe deeply and see what scents you notice, you may want to focus on the space you're in, or a specific object such as a pencil or a piece of gum.



Taste

Try to pick something you can taste easily, such as gum or coffee. You don't have to be eating or drinking, just think about the distinct flavours as you remember them.

WELLNESS ACTIVITY 4

Attachment

Peace

Think of the people in your life that you truly cherish. Remembering our support network can help us feel more grateful, safe and motivated.

Use the spaces below to write who they are and why you appreciate them.



If you ever feel like it, let them know in person, in a letter or over text, however you wish. Reminding people that are important to us that we love them can help us strengthen relationships and share positivity, which is one of the greatest gifts you can give to them and to yourself.

What was the most impactful conversation you had this month? What are some take-aways you've formed from this?

WELLNESS ACTIVITY 5

Self-Confidence

Self-Awareness

Relationship With Self

Sometimes we get lost in daily tasks and worries, not realising we are being a little too demanding or hard on ourselves. We're growing as people all the time, even when we think we're "failing" (**especially** when we think we're failing!). It's important to take time to notice that growth and challenge outdated expectations of ourselves.

My best qualities

1.

2.

3.

Things I love about myself

1.

2.

3.

Things I'm good at

1.

2.

3.

Think about when you were just a kid and you thought the age you are now was SO OLD. What expectations did you have for yourself that now seem silly or unimportant?

In what ways have you changed for the better that you didn't expect?

Now, close your eyes and take a minute to imagine yourself in 20 years time. If future you was looking back at you now, what are the expectations you have of yourself that they might suggest you to let go of?



WELLNESS ACTIVITY 6

Purpose

Identity

FINDING YOUR 'WHY'

Finding your “why” (your sense of identity, purpose, or a bigger picture) can seem like a big question, but it doesn’t have to be difficult to answer. We’ll focus on identifying your true values, what you love, and what you’re good at, and the rest will fall into place. Knowing your “why” will help with decision making, goal setting, and living life more authentically and meaningfully. Your “why” statements will likely change as you grow as a person, so it can be useful to do this activity every 6 – 12 months to stay aligned with your changing priorities.

Remember! This is about what’s important to YOU and nobody else. Let go of others’ expectations about what you “should” be doing and focus on what you truly feel.

REFLECTING YOUR STRENGTHS

Grab a piece of paper and write 30 things you either love doing or that you’re good at. Yes 30. This may seem like a lot, but truly go wild about the big and small things, nothing is off limits.

Next, identify your top 6 and write them below:

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Look through the values below and **circle your top 10**. If you’re stuck, reflect on the 6 things above and consider which values these might reveal.

Bravery	Loyalty	Humility	Personal Growth	Adaptability
Honesty	Efficiency	Openness	Passion	Resilience
Accountability	Perseverance	Patience	Creativity	Riches
Respect	Authenticity	Ecosustainability	Wisdom	Curiosity
Compassion	Kindness	Family	Balance	Mindfulness
Empathy	Teamwork	Community	Open-mindedness	Faith
Trustworthiness	Innovation	Freedom	Reliability	Spirituality
Responsibility	Excellence	Discipline	Generosity	Inner Stability
Abundance	Advancement	Transparency	Honesty	Hope
Independence	Fierceness	Mastery	Service	Adventure
Learning	Justice	Fairness	Positivity	Fun

Now, pick your top 5 and write them below:

My top 5 values are...

1. _____

2. _____

3. _____

4. _____

5. _____

CREATING YOUR 'WHY STATEMENTS'

These statements centre your goals for life in objectives that are authentic and true to you. To make them, copy your top 5 values and add a verb (doing word) in front of each. For example: Practice Bravery, Pursue Justice, Radiate Kindness, Conserve Inner Stability, Follow Passion

Here is a list of verbs to help you: create, prioritise, develop, instil, embrace, uphold, advocate, model, cultivate, share, communicate, defend, nurture, express, remember, permeate, safeguard, ignite, enjoy, maximise, deepen, strengthen

My "Why Statements"

1. _____

2. _____

3. _____

4. _____

5. _____

When you feel you need direction, look back on these to remind yourself what you truly value and use these to help guide your decision making.

WELLNESS ACTIVITY 7

Empathy

UNDERSTANDING PEOPLE

The more we understand people the better we are at making strong connections, managing our emotional responses to their behaviour, and finding ways to have fun together! A lot of the time, understanding people comes down to empathy – our ability to see from someone else’s perspective.

Have a go at the exercise below – you can do it using your imagination, or you can try asking someone directly.

First, think of someone you don’t know well – maybe it’s one of your lecturers, a shop assistant you see regularly, or another student. Then, choose an activity, like waking up on a Sunday or going to work, and use your imagination to fill out the bubbles below with as much detail as you can. Your answers don’t have to be based on things you actually know about them, they can just be possibilities.

HEAD

What might they be thinking?

HEART

What emotions might they be feeling?

GUT

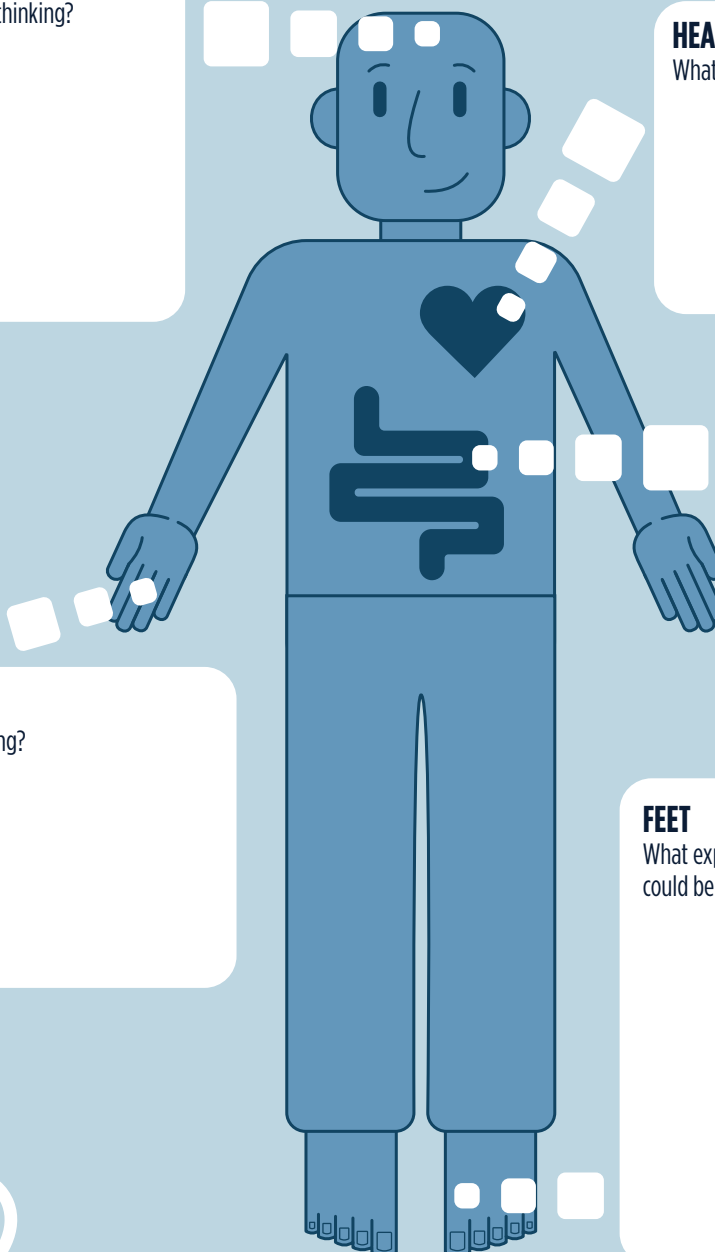
What are their instincts telling them?

HANDS

What are they doing?

FEET

What experiences have they had in their journey so far that could be influencing these things?



WELLNESS ACTIVITY 8

Nature

Mindfulness

Self-Regulation

CONNECTING WITH NATURE

We all know nature is good for us, but do we know why? Scientific research has shown that hearing birdsong, being in green spaces, looking at the horizon, and lots of other aspects of nature, all help stimulate our parasympathetic nervous system – that’s the part of our bodies responsible for relaxation and recovery.

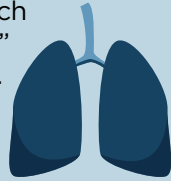
Engaging with nature is also a great way to practice mindfulness. So, let’s give it a go!

Find somewhere you can sit uninterrupted and observe nature. It could be in a park, at the beach, or even just looking at your neighbour’s garden.

Step 1.

Close your eyes, and let go of thoughts about the day ahead, or anything that’s happened so far. They’ll still be there after this exercise if you want to give time to them, but for now, just spend a minute or two observing your breath.

To help with that, see if you can notice where you feel it in your body. You might feel it moving through your nostrils, filling your chest, or expanding your belly perhaps. With each breath, mentally say to yourself “inhale” and “exhale” as you breathe in and out.



Step 2.

Open your eyes and soften your focus so you’re taking in the whole scene in front of you, rather than focusing on one thing. What can you notice? Maybe you notice the overall colour palette, or the proportion of sky to land, or what’s in the foreground compared to the background.



Step 3.

Now, take time to look at different parts of the scene. Can you notice an extra layer of detail about each? Perhaps you notice how the trees move, or the different colours and shapes on the water’s surface. Maybe you follow the path of birds flying in the distance or watch the way the clouds change shape.



Step 4.

Let’s bring in our other senses.

What can you hear? If you can, try to listen for sounds of nature. Maybe trees in the wind, or the sounds of water, birds, or even people (we’re part of nature too!)



What can you feel? Maybe the warmth of sun on your skin, or a gentle breeze. Perhaps you can pick up a leaf or stone and feel the texture between your fingers.



What can you smell? Challenge yourself to describe the smell in the air. Is it related to the nature around you, or something else?



Step 5.

Notice how doing these things makes you feel in your mind and body and write down some of those feelings in the space below.

FUTURE PROOFING

CONGRATULATIONS!

Even when it was tough, you kept going - that's something to feel super proud of! It shows that you are resilient, open minded, and adaptable. Those same qualities will keep you on track as you continue from one goal to the next.

This roadmap contains lots of valuable learnings from your journey so far and will help you navigate the road ahead. You can repeat these activities as many times as you like and continue to have regular checkpoints just like the ones you've done here.

Maintaining a regular wellness practise like this is a great way to avoid burnout, keep a healthy mind, and reach your goals. When we have good wellbeing, everything else becomes easier.

Remember, our habits are what turn our goals into reality, so let's take a moment to look back through this roadmap and decide which habits we want to keep up.

Reflect on each checkpoint and have a go at filling out the boxes:

Which 3 things from this roadmap were the most helpful for...

Motivation

1. _____
2. _____
3. _____

Overcoming Barriers

1. _____
2. _____
3. _____

When and how regularly do I want to practise these habits going forward?

If you want a fresh copy of this Wellness Roadmap for the next phase of your journey, you can always pick one up from Arc Reception.

Instagram



Feedback form



Tag us on social media and use the hashtag #arcwellnessroadmap to let us know how you're doing!

REACH OUT (SUPPORT SERVICES)

24 HOUR CRISIS SERVICES

If you are in a life-threatening situation call;

Emergency (Police/Ambulance/Fire)
Ph: 000 | Ph: 112 (mobile phones with no network coverage)

If you or a friend are experiencing suicidal ideation. Help is available;

Lifeline Ph: 13 11 14
NSW Mental Health Line
Ph: 1800 011 511

If you are worried about your or a friend's mental health;

- **UNSW Mental Health Connect**
Ph: 9385 5418
After-Hours Text Line: 0485 826 595

- **Beyondblue** Ph: 1300 224 636
- **Headspace** Ph: 1800 650 890

YOUR OPTIONS FOR GETTING PROFESSIONAL MENTAL HEALTH SUPPORT

Option A: Visiting your local GP

1. Access your local GP at your nearest medical centre or family clinic. Be honest and explain your situation and how you've been feeling
2. You may need to fill out a few forms, and then you'll be connected to a specialist to receive free appointments

Option B: Booking an appointment through UNSW Mental Health Connect

1. Access UNSW Mental Health Connect at www.student.unsw.edu.au/mhc
2. Your first appointment will last about 30 minutes. You will then be given a clear action plan and may be referred to other services.

Option C: Booking a free online therapy appointment

Did you know there are places that offer free appointments online? The most you will have to do is register and maybe wait a bit.

- ReachOut.com - (18-25) provides free, online chat with peer worker as well as online resources
- MindSpot.org - 18+, free online counselling service for Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain
- SANE - free digital and telehealth services for people with recurring, persistent or complex mental health issues and trauma, and for their families and friends



Scan for more support service contact options



UNSW Student Life