

## **Self-Advocacy for Personal Wellness**

### **Introduction**

Self-advocacy is an important skill that identifies inadequate or unpleasant experiences and empowers us all to make informed choices regarding our overall well-being. Based on the results of my wellness assessment, I recognized the importance of actively advocating for my needs in various aspects of my life. This concept outlines my personal wellness goals, the rationale behind them, and the strategies I will employ to achieve these objectives, highlighting the transformative power of self-advocacy. By acknowledging the influence of external pressures on my performance, I am better equipped to prioritize my well-being and set clear wellness goals. This self-awareness empowers me to implement effective strategies that foster a healthier balance in my life.

### **Problem Statement**

The wellness assessment revealed several areas for improvement, including physical wellness, occupational wellness, and mental well-being. Specifically, my occupational wellness assessment was lower than recommended, and my mental health could benefit from more structured mindfulness practices. Additionally, my physical lifestyle lacked depth, with limited engagement in physical activities. Understanding these results, I set specific goals: to enhance my physical fitness, improve my mental resilience, and create a positive workspace to achieve a balance between work and leisure in a way that promotes health and a sense of personal satisfaction.

### **Objectives**

The objectives that the self-advocacy aim to achieve are:

- To improve Physical wellness by exercising regularly and take balanced nutrition.
- To enhance Intellectual wellness through engaging activities and mindfulness practices.
- To improve Occupational wellness by setting clear goals and boundaries, prioritizing tasks, and explore meaningful pursuits.

### **Approach/Methods**

1. A consistent and continuous exercise routine and adopting a balanced diet is my focus on developing my physical wellness. It highlighted my inactive lifestyle which decreased my energy levels. Regular exercise not only improves our cardiovascular health but also enhances our mental well-being. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking or yoga to boost mood and energy levels, improve sleep quality, and increase strength and flexibility. Balanced nutrition support physical wellness. We should focus on whole foods, fruits, vegetables, lean protein, and healthy fats. By committing to regular physical activities like fitness education and preparing healthy meals. I want to improve my

energy level and of course my overall health. My goal is not only to convey my physical needs but also to create a positive feedback loop where improved health leads to increased motivation and vitality. Eventually, this commitment will enhance both my physical and mental wellness.

2. The wellness assessment states a need for finer stress management strategies and emotional resilience. Avoiding distractions nourishes our mind. Meditation for even 10-15 minutes three times a week, reduces stress. Playing games like puzzles, brain teasers, and creative pursuits (journaling, hobbies, writing). These plans will help manage stress more effectively and develop a healthier coping strategy. This approach prioritizes well-being to cultivate a more positive mindset towards life's challenges.
3. Occupational wellness requires balanced and purpose. My occupational assessment revealed a result of 46 out of 100, indicating significant areas for improvement in my life work. This low result reflects how I am dissatisfied with my current role. Applying the SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) strategy to improve my results will provide me with a roadmap to guide my efforts and measure my progress. Setting clear boundaries between work and personal life is a must. Prioritizing tasks and explore meaningful projects or volunteer and practice effective time management. I aim to set goals that align with my interests and hobbies, seek advice from my instructors, and build a positive lifelong relationship with my peers. Seeking advice from my instructors will help me gather insights and learn about their experiences and can help me uncover steps that could assist me in developing new perspectives.

### **Expected Outcomes**

- Increased energy levels.
- Reduced risks of chronic diseases.
- Improved physical health and resilience.
- Enhanced creativity and problem-solving skills.
- Better stress management.
- Better time management.
- Better relationships and social connections.
- Enhanced overall well-being and life satisfaction.

### **Evaluation**

The success of this self-advocacy will be measured by:

- Tracking your physical activities and diet.
- Conducting regular wellness assessments every 3 months.
- Recording your overall wellness assessment in your journal.

**Conclusion**

In conclusion, the journey toward improved wellness through self-advocacy is important. By recognizing the areas identified in wellness assessment—physical fitness, mental resilience, and occupational satisfaction. Through a commitment to regular exercise, mindful practices, and constructive engagement in my academic environment, I am actively taking charge of my well-being. The strategies that I apply not only aim to improve my lowest result which is occupational wellness but also my physical and mental health. Furthermore, this self-advocacy empowers me to be a healthy person and taught me to prioritize my well-being and provide solutions to the challenges that I will encounter in the future. This commitment advocates for my needs and takes charge of my wellness journey, transferring the insights that I gained from my wellness assessment into actionable strategy. As I step forward, I will regularly apply these strategies, knowing that it will lead to a healthier, more balanced, and happier future.

## References

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