**WELL 119: Wellness Journey Analysis Stage 2**

***15 points***

*The wellness journey analysis encourages students to reflect and set commitments in different areas of personal wellness during the semester. The analysis includes three stages, which are completed at the beginning, mid-point and conclusion of the semester.*

**Mid-point reflections and adjustments**

1)What has challenged you the most in this wellness course this semester? Why? (4+ sentences)

One of the greatest challenges I faced this semester was managing good sleep which I know is essential to my mental health and overall health. Due to a full-time job and taking 7 classes. Balancing work, school and my health has been in constant conflict. Luckily as time goes on my time management with my crazy schedule has improved leading me to get better sleep. (excluding this week because of midterms).

2) In what ways are you learning, growing and/or feeling your fitness level increasing? (4+ sentences)

In terms of learning my knowledge of stress, diet, physical health importance and sleep has been eye opening. The incorporation of good stress management through relaxing walks and meditation has played a large role in my ability to manage stress a lot better. My new diet cutting back on sugars and caffeine has also played a large role in my energy levels feeling a lot more plentiful. And in terms of physical health working out and staying physically active has played a large role in my energy levels and the sharpening of my mental awareness making me feel more energize and more mentally inclined. Lastly is my sleep, while it has improved there are still many times where my sleep take a large decrease because of school and work but with my knowledge of its importance I will continue to strive to improve upon it.

3) Discuss mid-semester progress in each of your three wellness commitments set at the beginning of the semester (refer back to stage 1 chart). Describe any adjustments that you want to make to these commitments for the remainder of the semester. (6+ sentences)

When it comes to eating my diet has largely improved. I went from a ramen diet to a more balanced diet including chicken, eggs, steak, and greens.

When it comes to sleep there is a lot of improvement needed. I went from 4-5 hours of sleep a day to 6-7 hours sleep a day. I would like to reach a consistent 8 hours a day.

When it comes to walking. I have been walking at least 4 miles a week which I feel is a great pass to this goal of 3 miles a week. This is motivating me to push to add 1 mile of running week on top of this goal.

4) What wellness discussions, resources or experiences have been most interesting and applicable to you at this point? Why? (4+ sentences)

The most important discussion or topic was sleep. Because my sleep is so poor I found it very enlightening on how sleep can affect so many parts of your wellbeing. Sleep effecting muscles regeneration, memory, mood, and energy levels is just the tip of knowledge I gained from this topic. This topic has motivated me to push towards better sleeping habits while being aware of the rewards it has to offer.