

How I Am Doing

Name

Institutional Affiliation

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Adhering to developed plans requires dedication and persistence to achieve outlined goals and within a given time frame. To fully achieve a balance between life and school activities, friends, workmates, and one's family becomes the greatest asset that can be used to achieve any outlined aspirations. As outlined by Karambelas (2019), developing a solid schedule that incorporates time for the family, studies, personal exercise, and other important tasks are crucial in achieving school-life balance. The paper will reflect on the milestones made in achieving life-school balance based on the initial developed plan and identify new strategies to ensure areas lagging behind are greatly improved.

Currently, my average scores on the "Quality of life self-care wheel" are at 8 which indicates a great improvement since my last evaluation which was at 6 and a single point below my targets of 9. This score indicates I am on the right track in my bid to attain a balance between life and school and at the same time control my tensions and stress. This improvement can be attributed to the strict adherence to my initial plan that I developed which has been harnessed by support from friends and my family. My family has been the greatest pillar that I have leveraged to manage work-related stress and improve my quality of life. I have made improvements in my mental and emotional wellness as a result of the great support I have been receiving from my family and colleagues. I no longer keep emotions to myself as it used to be and expressing them to my family and friends has greatly assisted me in reducing my stress levels. I have learned to share my experience with other people I value in my life and this has been of great help. As discussed by Jolly, Tamir, Burum, and Mitchell (2019), sharing experience amplifies emotions by making positive experiences more positive. I prefer discussing my daily positive experiences with my friends and family which has enabled me to manage my stress and tension very well.

I have made improvements in my environmental wellness as I have learned the importance to acknowledge the goodness of nature and respect for everything that surrounds me. I have adopted reuse and recycle concepts at home especially in my small kitchen garden where I ensure kitchen waste is well utilized as manure and reuse available water to water my plants. I have also improved my physical wellness through strict adherence to my physical exercise schedule. I have increased the number of times I undertake exercise especially when I am relieved of most of my home chores by my eldest children and my spouse. This allows me to take exercises whenever I am at home and not babysitting my 16 months old daughter. I have also incorporated proper nutrition as a new strategy to assist in attaining my physical wellness. As discussed by Koehler and Drenowatz (2019), incorporation of nutrition aspects in physical activities is crucial in attaining desired outcomes more than it would when solely focusing on exercises only. I am more careful about the types of food I consume and hence the improvements made can be attributed to this new strategy. I am also able to sleep well since my children have adopted flexible sleeping patterns and this also gives me enough time to rest well.

Currently, I need to work more on my school and financial wellness which has seen little improvement. I plan on reducing expenditure on unnecessary items and focus more on providing the best for my children. I will ensure I develop my budgets and ensure strict adherence to it in order for me to track all my expenditures. As a strategy, I will grasp any financial discounts offered in school as students' financial assistance aid. To further improve my relational (social) wellness, I will adopt flexible study modules as I undertake my Registered Nurse (RN) studies hence little disturbance on my relational life. Further delving into my relational wellness, I have made some improvements as a result of enhanced interactions with my family and friends at work. My spouse and I are in good terms and this has been solidified through the unity brought

by our children. I greatly value any connections I make and struggle to ensure I maintain them as long as I can. Although I have not fully achieved my recreational wellness targets, I have made some improvements since my last evaluation. The number of family fun outings have increased and this has helped create a strong bond as we play together and interact with my children and spouse. I have improved my spiritual wellness by attending online worship services that have reshaped my views about life, the hurdles I face daily, and how to overcome them.

To improve my wellness further and manage my tension and stress, I will discuss my plans with my close friends and family and ask for their support to enable me developed a way forward towards meeting the stipulated own goals. I will also seek advice from people who have been able to achieve similar goals to the ones I have and closely follow their strategies if they best fit my life situations. I will also seek advice from professional wellness institutions whom I will discuss my current plan with and incorporate insights given to holistically adjust the plans towards a new approach as advised. Although I am on the right path with respect to my wellness, I believe putting into practice the identified strategies will further assist me in attaining my current wellness targets.

## References

- Jolly, E., Tamir, D. I., Burum, B., & Mitchell, J. P. (2019). Wanting without enjoying: The social value of sharing experiences. *PloS one*, *14*(4), e0215318.
- Karambelas, T., 2019. *School-Life Balance / Johns Hopkins Student Assistance Program*. Retrieved from [https://jhsap.org/self\\_help\\_resources/school-life\\_balance/](https://jhsap.org/self_help_resources/school-life_balance/)
- Koehler, K., & Drenowatz, C. (2019). Integrated Role of Nutrition and Physical Activity for Lifelong Health. *PMC* *11*(7): 1437