**Wellness Plan**

**Purpose**

This tool supports City government practitioners in creating a wellness plan. It helps you reflect on your feelings and find opportunities to recover from harmful experiences after an engagement. To learn more, review the Reducing Harm guide at [engagement-toolkit.phila.gov](https://phila.sharepoint.com/sites/Teams-CAO-ServiceDesignStudio/Shared%20Documents/General/Projects/In-progress/MOCEVS%20ECE%20Toolkit/ECE%20Toolkit/08%20Prototyping/Content/Guides/5.0%20Radical%20Inclusion/engagement-toolkit.phila.gov).

**Instructions**

Set aside 30 minutes to develop your plan by responding to the prompts below. Find a comfortable space to think and prepare to sit with questions about past harm.

When you’re done, keep your plan somewhere accessible and visible. Return to your plan when you’re feeling challenging or harmful emotions. And always have it handy when engaging communities.

**Plan**

Think about times when you feel calm, happy, and healthy. What are you doing in those moments? In other words, what activities leave you feeling your best?

Think about a time when you were harmed. What did you feel? What was your emotional reaction? For example, some people feel angry, overwhelmed, or sad.

When you feel the emotions you named above, how do they affect your body? Identifying physical sensations can help you notice when you’re feeling a certain emotion. For example, some people feel butterflies in their stomach when they’re anxious.

When you feel challenging emotions, what affirmations can you tell yourself? Affirmations are positive messages that ground us in grace, love, and patience.

When you feel challenging emotions, what activities help resolve them? Those can be healthy coping mechanisms that help you process your emotions. For example, some people exercise, create art, read books, or eat a favorite food.

Who in your life helps you feel grounded? Those are the people you lean on for emotional support. Reach out to them when you feel challenging emotions.

**Reflection**

What emotions do you feel right now?

What sensations are those emotions causing in your body?

Who’s one person that you can share your emotions with today? You don’t have to share too deeply. Just find someone to have an honest conversation about how you’re feeling.

What’s one thing you can do today to feel well? Think about activities that bring you gratitude, hope, and joy.