

# Wellness Wednesday

May 18, 2022



You are powerful. This week for Wellness Wednesday we are going to talk all about how you can step into your own personal power.



As you navigate through life and its many ups and downs, you may find yourself feeling off balance. You may experience sadness, hopelessness, frustration or even low confidence. It is important to be able to access people, activities, or experiences that put you back into your personal power.

## PERSONAL POWER



What is personal power?

Personal power includes your competencies, positive characteristics, values, personal attributes, and the emotion of resilience.



Personal power is an energy that describes who you truly are, even when life seems tough.

## FINDING YOUR POWER

If you find yourself struggling to access your personal power, try this:

1. Think about a memory in your life that makes you smile.
2. Identify the emotions when you think about this memory (happiness, pride).
3. Identify what this memory leads you to believe about yourself (I am capable, strong, resilient, loved).
4. When you feel low, access that memory and use it as a resource to recharge you.



## AFFIRMATIONS



Practicing positive affirmations is a great way to stay connected to your power and challenge negative beliefs about yourself.

Need more help to access your power? Explore the links below!

<https://www.therapistaid.com/worksheets/best-possible-self.pdf>

<https://www.therapistaid.com/worksheets/strengths-discussion-questions.pdf>

## RELATIONSHIPS ARE RESOURCES



Are there people in your life that you are vulnerable with?

Are there people in your life that validate your experiences and challenge you to be better?

If you answered yes to either of these questions, then you have relationships as resources. When we are in emotional distress, we need to seek out those in our lives that love us unconditionally and that support us. These relationships will cause our emotional distress to decrease because our needs will be met.

Challenge: Say thank you to someone in your life that has acted as a resource for you.

## **ADDITIONAL RESOURCES**

Being aware of your emotions, behaviors, and thoughts will help you to make choices to improve yourself for the future. The resources below can assist with your awareness.

<https://www.therapistaid.com/worksheets/strengths-spotting-exercise.pdf>

<https://www.therapistaid.com/worksheets/self-esteem-sentence-completion.pdf>

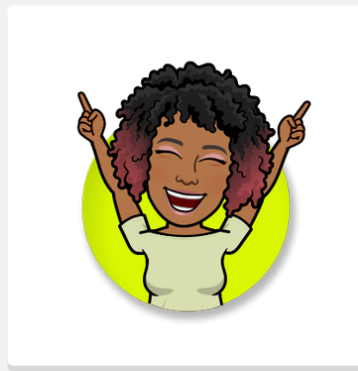
<https://www.therapistaid.com/worksheets/positive-experiences.pdf>

## **EMPLOYEE ASSISTANCE PROGRAM**





## EAP ENGLISH FLYER



## CHECK THESE OUT!



## EAP SPANISH FLYER



On behalf of Student Support Services Department, we hope you loved our Wellness Wednesdays just as much as we loved them!

At this time, we will be asking our Galena Park family to access the archived Wellness Wednesday presentations to learn more, beginning June 1, 2022.

We would like to personally thank you for your participation in Wellness Wednesdays for the past two years.

With Gratitude,  
Dr. Haynes and Mrs. Rogers-Mitchell

Please scan the QR Code below to leave us a message.

Remember, you can always Chat with a PRO!



Wellness Wednesday Archives



*Chat with a* PRO



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