



Strategies for Wellness Discussion

In your pre-work you had a chance to reflect on your overall wellness and identify some goals for yourself.

Now we would like you to think about how you can integrate wellness and self-care into your professional life.

We understand this to have two components:

- Components you can control personally
- Components related to the structure of the organization

Breakout Group Discussion Question 1:

What actions can you take yourself to support your wellness at work?

Breakout Group Discussion Question 2:

What changes could be made at SMU that would support your wellness at work?

Wrap-up Task:

Please [Click Here](#) and enter 2-5 ideas from question 2