

# Straight From the Source



The upcoming school year is an opportunity for us all to rethink our approach to wellness. Wellness is not something we inherently have, it is a result of the choices we make to take care of our mind, body and spirit. Throughout life, we will face a variety of challenges, and we can still pursue health and wellness regardless of these factors if we know the “recipe”. Sources of Strength is a resiliency program that depicts the “recipe” for wellness as a wheel (see picture above) comprised of 8 protective factors, or Strengths. Watch this quick [video](#) for more information about how Sources of Strength is promoting wellness

**By creating a wellness plan for the coming week, month, or year, we increase our confidence to approach challenges, knowing we will be prepared to respond. That sense of readiness then reduces the intensity of our emotional reactions, creating a positive cycle of coping. You can find a sample wellness plan created by Sources of Strength [here](#).**

**If you would like to create your own from scratch, here are a few tips:**

**Make your well-being a priority - if you are approaching responsibilities and relationships from a place of health, you will be more effective and successful**

**Find opportunities to reach out and help someone else**

**Check in with a mental health professional**

**Identify positive connections in your family, friend group and community who can support you – even if they can’t solve the problem, being with you while you work through it is protective**

**Keep up with healthy connections and behaviors daily to maintain wellness before challenges arise and then dive into them even more during difficult times.**

**Find a variety of energizing AND calming activities**

**Practice gratitude**

**Taking care of your body through nutrition, activity, hygiene, etc., IS taking care of your mental health – physical and mental health are powerfully connected**

**Sources of Strength Peer Leaders will be supporting fellow students this year in connecting to strength and building resiliency. If you are interested in learning more about the program or becoming a Peer Leader, please contact [Dallas.Hensley@lcps.org](mailto:Dallas.Hensley@lcps.org)**