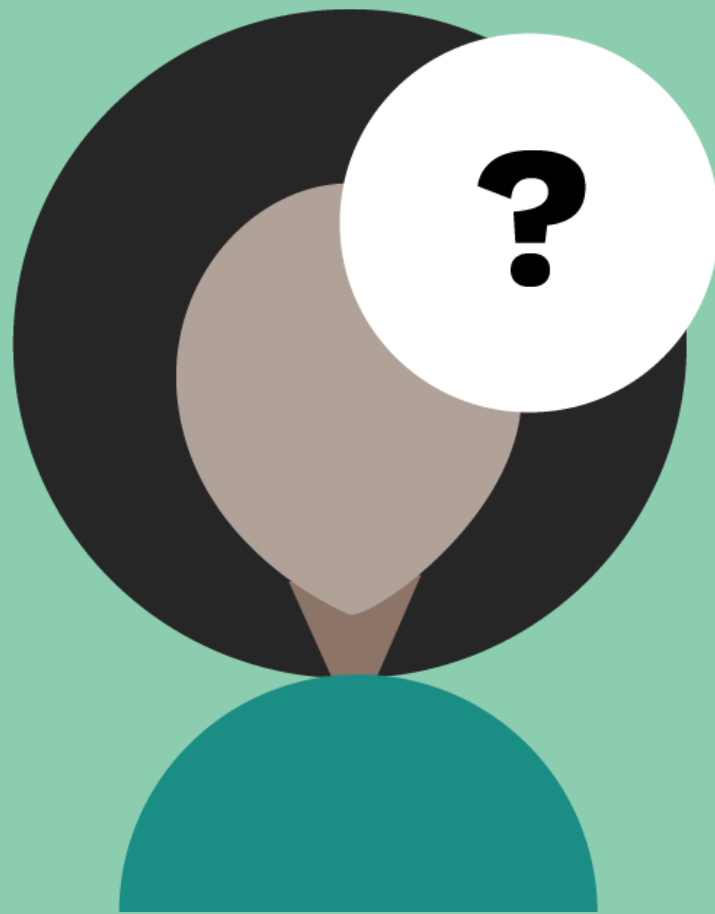


Step Up Leadership Toolkit



ACTIVITY BOOK



[COVID-19 Adapted] Biopsychosocial Model

*If you think taking care of yourself is selfish,
change your mind. If you don't, you're simply
ducking your responsibilities."*

Ann Richards

OBJECTIVE

You will deepen your understanding of how external influences and internal factors shape your day to day self.

ADAPTED FROM:

Adapted from the work of Jason M. Satterfield, Ph.D and The 7 Habits of Highly Effective People by Stephen R. Covey.

WHAT YOU'LL NEED:



**SOME
FOCUS**



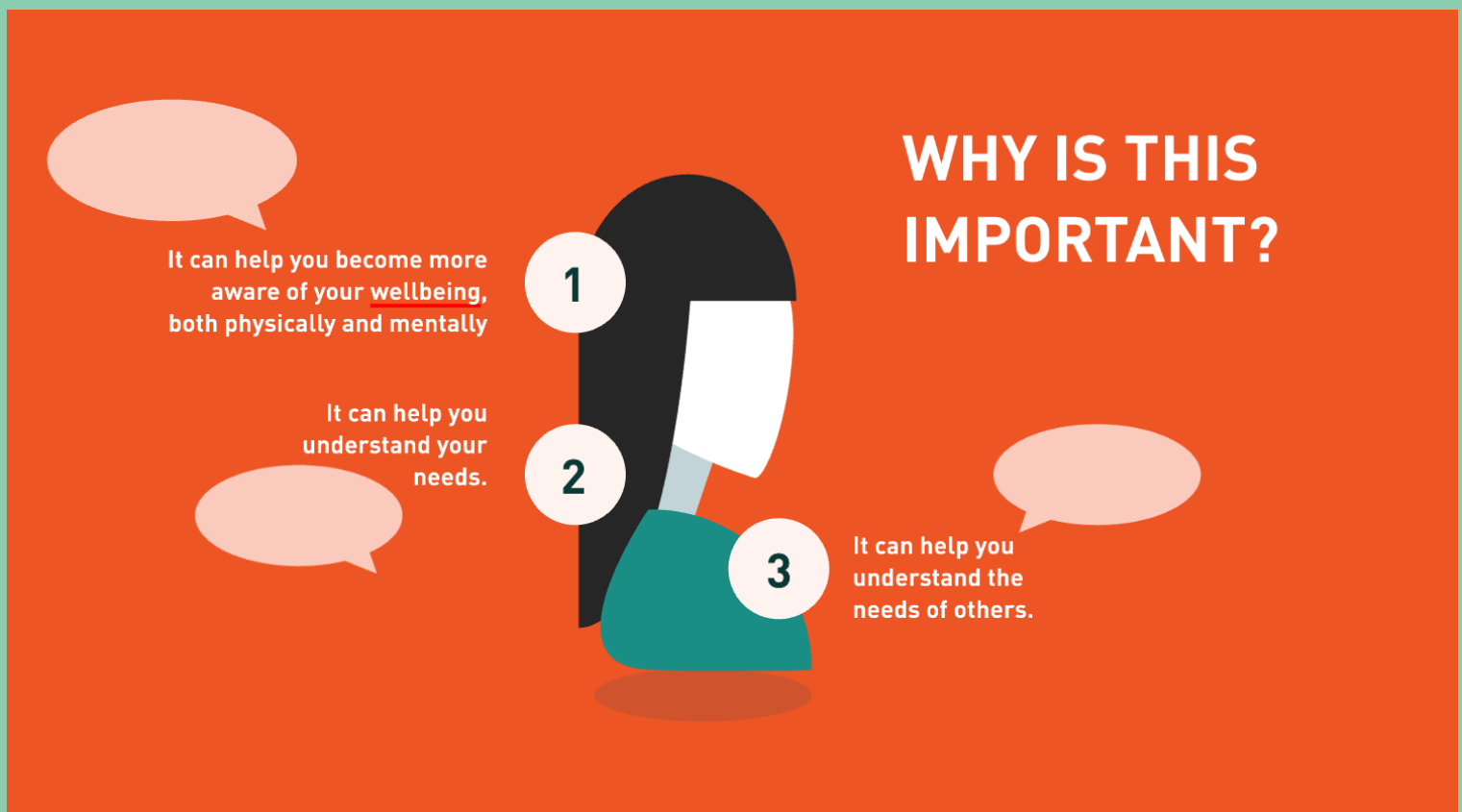
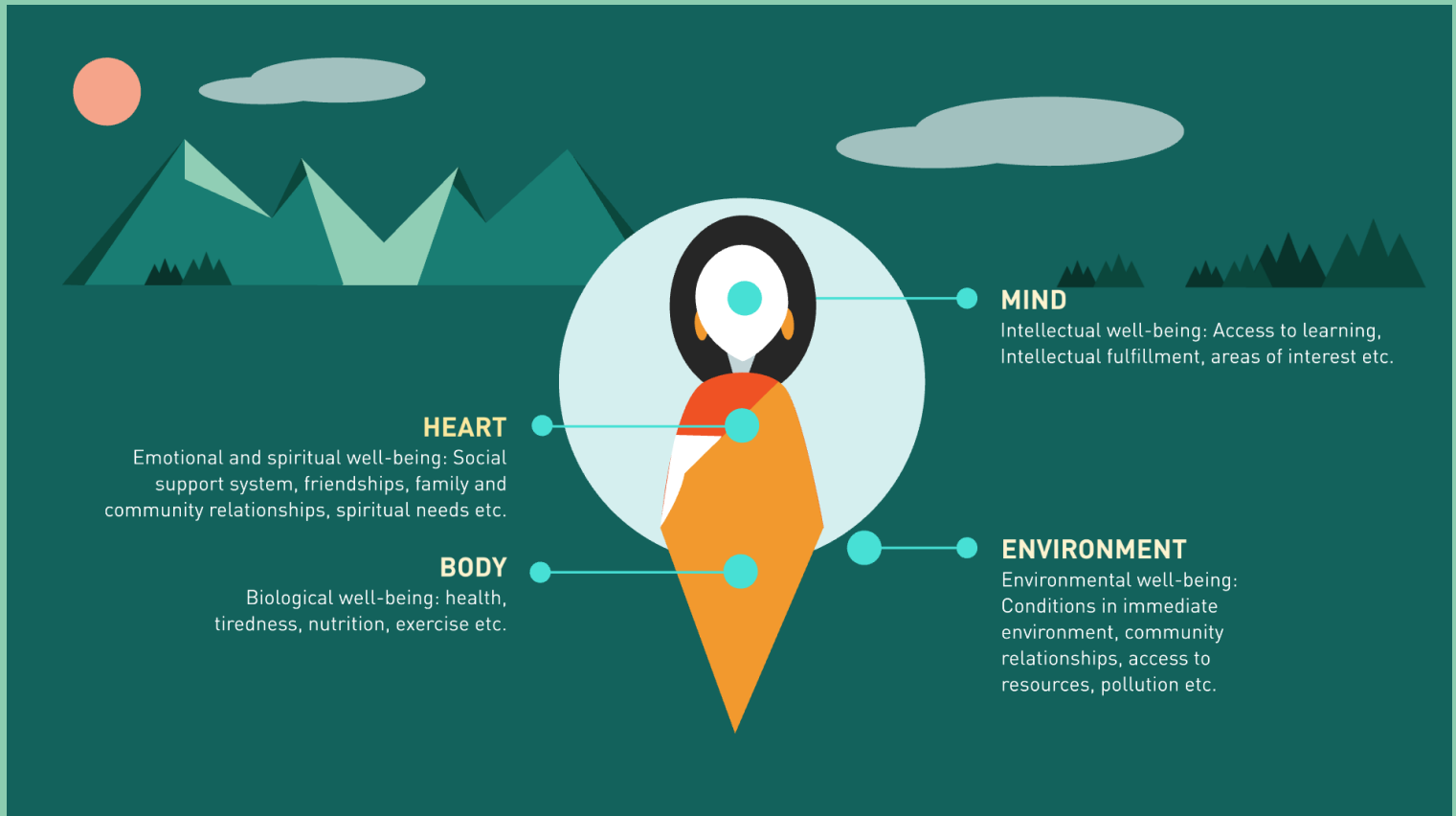
**PEN AND
PAPER**



**20- 25'
MINUTES**

Let's remember the framework...

Your wellbeing is impacted by internal and external factors. Especially at times of crisis, it is important to understand and shape these factors (to the best of your ability).



RESPOND TO THE FOLLOWING QUESTIONS. DON'T OVERTHINK YOUR ANSWERS AND BE TRUTHFUL, ANSWER BASED ON YOUR CURRENT STATE AND FEELINGS:

How does your body feel?

Did you sleep well last night?

What did you eat today?

Did you exercise recently?

Do you exercise regularly?

Do you eat healthy?

Are you experiencing physical pain?

Are you tired?

Do you have any physical discomfort?

Are you able to get enough sleep?

Do you feel fatigued during the day frequently?

Have you read anything inspiring lately?

Do you have any hobbies or areas of interest?

Do you feel fulfilled intellectually?

Are you stressed about something?

Are you relaxed and happy right now?

Do you feel optimistic about the future?

Do you feel useful?

Have you been good at dealing with problems?

Are you thinking clearly most of the time?

Do you feel good about yourself?

Do you feel relaxed?

Do you feel close to other people? Do you feel confident?

Are you able to make up your own mind about things?

Are you interested in new things?

Do you have basic life necessities (food, housing etc.)?

Do you feel safe? Is your home comfortable?

Do you feel discriminated against?

Do you feel fulfilled about your life?

Do you feel meaningfully involved in your family life?

Do you have ongoing tension with a loved one?

Are you involved in any community organizations or functions?

Do you feel like you can expect support from family members?

Do you feel like you have a strong support network?

Did you recently have a good time with friends?

Reflections

Looking at your answers, what are the main points that emerge?

For each aspect of the model, make a list of your **top 3 current needs**.

They can be anything from a good night's sleep to more substantial changes that require time.

What actions can you take to meet those needs?

Even if the needs seem big, you can always start somewhere. List three actions for change that you can incorporate in your life. Be realistic.

You can use the cheat sheet on the next page when developing your action plan.

BODY

NEEDS

- 1.....
- 2.....
- 3.....

- 1.....
- 2.....
- 3.....

ACTIONS

MIND

NEEDS

- 1.....
- 2.....
- 3.....

- 1.....
- 2.....
- 3.....

ACTIONS

HEART

NEEDS

- 1.....
- 2.....
- 3.....

- 1.....
- 2.....
- 3.....

ACTIONS

ENVIRONMENT

NEEDS

- 1.....
- 2.....
- 3.....

- 1.....
- 2.....
- 3.....

ACTIONS

CHEAT SHEET:

BODY

Be active: Regular physical activity makes you feel happier and decreases stress and anxiety.

- Use a Youtube video to complete a short workout. You can do it together with your friends!
- Start your day with some stretching or light exercise.
- Put on your favourite music and dance!

MIND

Learn: Continued learning makes you more self-confident, encourages social interaction and makes it easier to adapt to change.

- Read something.
- Find out something new from your friends or family.
- Sign up for a course.
- Research something you've always wondered about.
- Learn a new word.

HEART

Connect: Feeling close to, and valued by other people is a fundamental need and something that makes helps us feel better:

- Connect to your friends (even if virtually).
- Spend more time with your loved ones.
- Share your thoughts and emotions with someone.
- Tell someone how much you appreciate them.

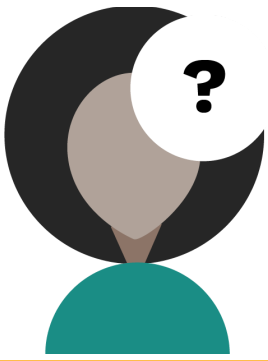
ENVIRONMENT

Change: Even if some factors are beyond your control, small changes to your environment can make you feel better:

- Clear the clutter around you, tidy up.
- Put a plant or a special object in your immediate environment.
- Write out your goals or favourite quotes and put them in a place you can see every day.

MOST IMPORTANTLY, DON'T BE AFRAID TO ASK FOR HELP:

- For every aspect of your wellbeing, don't be afraid to ask for help. Sometimes, the best action you can take is to approach someone you trust and ask for their support in facing your circumstances.
- If you feel like you cannot share your problems with anyone in your immediate circle, seek help from professionals (like your teachers, health professionals etc.) or look for organizations online.



DIG DEEPER:

FURTHER ACTIVITIES:

Create a Wellbeing Scorecard

Based on questions from the exercise, or other questions which you think are more suitable for you, design a wellbeing scorecard with a maximum of 20 questions.

Decide on a particular time every week when you will take five minutes to fill out the scorecard and reflect on the results.

You can also do this with a close friend, teammate or family member. This way, you can hold each other accountable and share your progress.

Keep a Gratitude Journal

In a notebook, write down the things you are grateful for or happy about on a daily basis or a few times a week. Pick the frequency which works for you the best.

Be as specific as possible, try to capture certain moments that you can recall. If words are not enough, draw or add pictures.

Consider what your life would be like without certain people or things, rather than just tallying up all the good stuff. Be grateful for the negative outcomes you avoided, escaped, prevented, or turned into something positive—try not to take that good fortune for granted.

At times when you feel down, take a look at your journal to remember and appreciate things that make you happy.

CONGRATULATIONS

**You completed this
activity!**

Keep safe and well, and
don't forget to prioritize
your well being.