

This plan is created by you to help you. The purpose of a personal wellness plan is to help you prepare for the exciting task of living in another culture and to plan for both routine self-care and what to do in an emergency. It is likely that any health and mental health challenges that you experience at home will need to be managed while you are abroad. Please take a realistic self-assessment of the following questions.

First: Self-Assessment

- What helps you the most to feel good about yourself and to succeed?
- What are the main sources of stress in your life? (academic, social, physical)
 - When you are stressed, how do you tend to react?
 - When you are stressed, what do you do to help manage your stress or de-stress?
- What ongoing physical conditions/illnesses or mental health concerns do you manage?
 - What are you doing to manage these issues now? (i.e. diet, medication, relaxation techniques, physical therapy)

Second: Planning for Travel

- How will you continue or modify what helps you to feel good about yourself and succeed while you are away?
- What will you do to manage stress while you are abroad?
- What do you plan to do to manage any physical illnesses/conditions or mental health concerns while you are abroad?
- What resources will you have to help you?
- How will you get/keep your medications?
- What resources will you have for dealing with stress, physical and mental health while you are away?
- How will you recognize when it is time to look for help?
- Who will you contact if you have a serious problem or are in crisis? How will you contact them?