

# Wellness Strategies for Independent Living

By Yanni | MOBILE Independent Living

## Intellectual Wellness

- **Daily Learning Rituals:** Read, listen to podcasts, or explore new skills for 15 minutes a day.
- **Teach Back:** Share what you learn with someone else—teaching reinforces understanding.
- **Accessible Formats:** Use audiobooks, captioned videos, or tactile materials to match your needs.

## Physical Wellness

- **Movement Moments:** Stretch, walk, or dance for 5–10 minutes every few hours.
- **Body Check-In:** Ask yourself daily: “What does my body need today—rest, movement, hydration?”
- **Adaptive Fitness:** Use resistance bands, seated yoga, or mobility tools to stay active safely.

## Emotional Wellness

- **Feelings Journal:** Write one sentence a day about how you feel and why.
- **Affirmation Practice:** Start your day with a statement like “I am worthy of support and joy.”
- **Safe Spaces:** Identify one person or place where you can express emotions freely.

## Social Wellness

- **Connection Calendar:** Schedule one intentional check-in per week—with a friend, peer, or mentor.
- **Community Circles:** Join or start a small group around shared interests or identities.
- **Digital Boundaries:** Limit social media time and curate your feed to uplift, not drain.

## Spiritual Wellness

- **Quiet Rituals:** Begin or end your day with silence, prayer, meditation, or reflection.
- **Values Check:** Ask: “Does this choice reflect who I am and what I believe?”
- **Nature Connection:** Spend time outdoors to feel grounded and inspired.

## Environmental Wellness

- **Space Audit:** Declutter one small area each week to create calm and safety.
- **Sensory Comforts:** Add scents, textures, or lighting that soothe and energize.
- **Eco-Action:** Reuse, recycle, or support local sustainability efforts.

## Vocational Wellness

- **Purpose Mapping:** List what brings you joy, what you're good at, and what your community needs.

- **Skill Building:** Take one step toward a goal—resume update, workshop, or mentorship.
- **Celebrate Work:** Whether paid or unpaid, honor the value of your contributions.
- **Financial Wellness**
- **Budget Buddy:** Partner with someone to review spending and set goals.
- **Micro-Savings:** Save \$1–\$5 a week toward something meaningful.
- **Resource Scan:** Know what benefits, grants, or discounts you qualify for.