



# Life Skills Mastery: Your Path to Independence



# Life Skills Mastery: Your Path to Independence

## Module 1: Wellbeing Basics

# Lesson 1: The Wellness Compass: Managing Physical Needs & Safety

Stronger foundations for independent living



# What We'll Cover Today

1

What Is Holistic Health?

2

Explore how physical, mental, and emotional health connect

3

Introduce the Wellness Wheel model

4

Identify each learner's personal wellbeing baseline



# What Is Holistic Health?

Holistic health means taking care of your whole self — your body, mind, and feelings — because they all work together. It's about staying healthy in all parts of life:

## Components

### Body

eating regular meals, getting enough rest, keeping clean, taking medicine when needed.

### Mind

learning new things, remembering what helps you, staying calm when problems come up.

### Feelings

talking about emotions, asking for help when sad or stressed.

### Social

spending time with people who make you feel safe and supported.

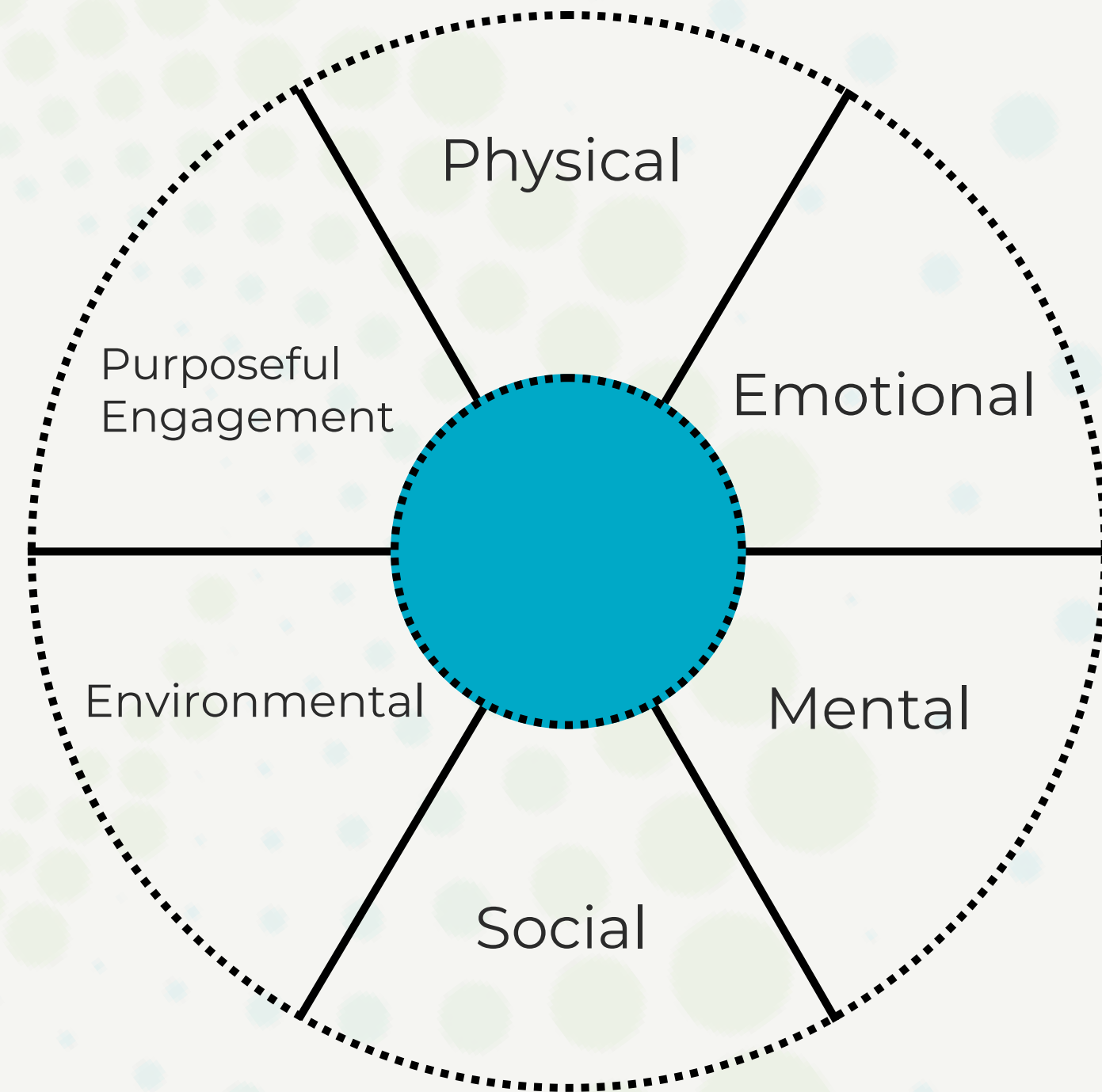
### Purpose

doing something meaningful each day — like helping at home, joining a group, or setting a goal.

# The Wellness Wheel

When one spoke weakens, the wheel wobbles — affecting stability.

*“Balance doesn’t mean perfection — it means no spoke gets completely ignored.”*



# Ask Yourself

- “When do I feel at my best physically, mentally, and emotionally?”
- “Who or what helps me feel my best — like a family member, friend, or daily routine?”

*“You can’t fix what you don’t notice — awareness is step one.”*



# Activity: My Wellness Baseline Assessment

- Learners rate each domain on a scale of 1–10 (1 = needs support, 10 = strong).
- Domains: Physical, Mental, Emotional, Social, Environmental, Purpose.
- Discuss what feels balanced vs. out of sync.



# Try This!

- *Pick one wellness area to support this week.*

*Example: Try sitting outside for fresh air for 5 minutes daily.*

*“Small shifts lead to steady balance.”*



# Key Takeaways

1 Wellness = integration of body, mind, and emotion.

2 Holistic health builds the foundation for independence.

3 Self-awareness is the starting point of change.



“Take care of your body — it’s the place you live in every day.”

# Up Next

Next, we'll explore how to care for your body — movement, sleep, and nutrition for everyday strength.

- **Lesson 2: Maintaining Your Physical Health**

