

# Wellness and Resilience Strategies: Mind

## Section 8



*"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."*  
– Audre Lorde

Sections 8-11 build upon a model called the Wellness Compass developed by the Samaritan Family Wellness Foundation. The symbols this model uses are cross-cultural, iconic, and connect us to our common humanity. A tool generated over 2000 years ago by the Han Dynasty, a compass shows us the way when we feel lost, while the use of four colors speaks to the wisdom encompassed in the medicine wheel, used by many Native American cultures to guide the development of a balanced life. The four sectors of the compass model – Mind, Spirit, Strength, and Heart – not only contribute to our overall wellness, but also provide guidance on strategies to help build our compassion resilience. Before delving in further, you may want to take a [self-assessment](#) of your current wellness practices. Hold onto this and notice if any that you marked as "this never occurred to me" change as you encounter the next four sections of the toolkit.

Mind is the first sector we will explore. Participants discover the impact of one's sense of organization, meaningful work, and being present on well-being. Mindfulness is a contemplative practice of being intentionally aware in the present moment. Mindfulness will be a key skill used in many of the Mind Section activities, as well as those that follow: Spirit, Strength, and Heart.



[Distribute this document to all participants to explore prior to the following application activities.](#)



**Key Activity**  
[Appreciative Inquiry Reflection on Competence \(15-45 minutes\)](#)

**Wellness Practice**  
[Wellness Compass Practices Assessment](#)

**Circle Agenda**  
[Staff Circle Agenda, Section Eight](#)

**Core Content Visual to Display in Common Staff Areas**  
[Mindsets – Use this Visual and Display in Staff Break Areas](#)

Posting this visual in common staff areas will serve as a reminder of content covered to staff and perhaps serve as a future conversation started for deeper reflection among staff members.

**Supplementary Activities/Handouts**  
[Power of the Positive Word \(15-30 minutes\)](#)  
[Practicing Mindfulness – The Body Scan and Pause \(3-10 minutes\)](#)



For links specifically for leadership and additional resources, please visit the Toolkit online.