

## Communication Style

How do you express your emotions, wants, or help-seeking— verbally and non-verbally? Is this mutually shared in your environment?

## Social Integration

How do you form connections and feel a sense of belonging in a new place? What do you need from others to feel included?

## Support Network

How accessible are your must trusted circles (family, friends, leadership, etc.) in this moment?

## Intersectionality

How do your biological/assigned, community group(s), and self-identified identities shape how you experience the world and how others treat you? Does this change place-to-place or person-to-person?

## Access to Resources

How do you perceive the availability of information and access to services that support you?

## Environment

What physical and cultural environments help you feel safe and grounded?

## Habits/Routines

What routines or habits negatively or positively influence your mental or physical well-being?

## Physical / Mental Abilities

Do your physical or mental abilities, whether temporary or biological conditions, influence your day-to-day life? How accessible is your environment to support your abilities?

## Mental Health

What signs tell you when you're not feeling like yourself? What type of support or management is helpful for you- and is that support available to you?

## Academic Pressure

Do you hold any stress or concerns related to meeting your academic expectations? How do you manage it?

## Financial Stress

What financial stresses or concerns— budgeting, spending, unexpected costs— affect how supported or secure you feel?

## Medications

How do you access the medications you need—prescribed or over-the-counter?

# WELL-BEING MAPPING