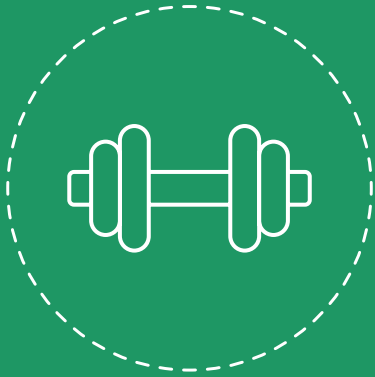




WELLNESS GUIDE



Use this guide and take a moment to focus
on one area of wellbeing today!



PHYSICAL WELLBEING

Take care of your body through movement, nourishment, rest, and healthy choices.

Ask Yourself:

- Did I eat foods I enjoy today?
- Did I stay hydrated today?
- Did I move my body today?

An Affirmation:

I am working on myself.
 For myself. By myself.

Some Tunes:



The Challenge: Track how you do this week!

	Sun	M	Tu	W	Th	Fr	Sat
Take time for yourself							
Fit in a walk (or run or yoga or whatever!)							
Eat a veggie with every meal							
Drink 8 glasses of water							
Get a good night's sleep							
Practice good posture							



EMOTIONAL WELLBEING

Build awareness, understanding, and acceptance of your emotions, and your ability to manage them effectively through challenges and change. When you're tuned into your feelings you can become more easily aware of your mind and body.

Ask Yourself:

- What makes me feel joy? Sadness? Stress?
- Do I include activities in my life that make me happy?
- Who do I keep company with and are they a positive influence?
- Do I listen to my gut?

An Affirmation:

Being healthy is about more than what you are eating. It's what you're thinking, saying, and believing.

Some Tunes:

 Peaceful Meditation



The Challenge: Emotional Wellbeing Menu



Take deep breaths

5 minutes



Read a chapter of a book

15 minutes



Write in a journal

15 minutes



Meditate

15 minutes



Get crafty

30 minutes



Try a new recipe

30 minutes



SOCIAL WELLBEING

Described as the sharing, developing, and sustaining of meaningful relationships with others that provides a sense of connectedness and belonging.


Ask Yourself:

- Do I schedule time with family and friends?
- Do I interact with others from different cultures, backgrounds, or belief systems?
- Are my relationships rewarding?
- Are my relationships positive?

An Affirmation:

I have **good things** to contribute.

Some Tunes:

 Dinner with Friends



The Challenge: Social Wellbeing Bingo

Walk a pet	Join a conference social event	Sing in the shower	Try online yoga	Share a favorite recipe
Soak up the sun	Give someone a compliment	Meet a neighbor	Teach someone something	Call a friend
Join a group	Ask for help	FREE	Express gratitude	Step out of your comfort zone
Make someone laugh	Blast some music	Share an experience with someone	Do something that makes YOU happy	Be honest
Try a new exercise	Quality time with family	List 3 positive people in your life	Take a social media break	Learn a new joke



MINDFULNESS WELLBEING

Provides systems of faith, beliefs, values, ethics, principles, and morals - a healthy mindful practice may include examples of volunteerism, social contributions, belonging to a group, fellowship, optimism, forgiveness, and expressions of compassion.

Ask Yourself:

- What makes me feel centered?
- Do I enjoy belonging to a group?
- How do I decompress after a long or tough day?
- Do I participate in things that give me a sense of purpose?

An Affirmation:

Healthy, vibrant energy flows through my body.

Some Tunes:

 Spa Treatment



The Challenge: A Day of Mindfulness

Use this list of ideas to bring more mindfulness to each day.

Thoughtful Breath: Breathe in, count to 3, exhale fully. Repeat 5 times.

Imbibe: Kickstart your body - mix hot water, lemon, + cayenne pepper. Taste it!

A Grounded Walk: Feel your feet connect with the earth beneath you.

Focus: Eating? Just eat. Checking emails? Just check emails.

Sense Awareness: What are 2 things you can taste, touch, smell, or hear in this moment?

Deep Listening: Listen fully. Contemplate your response.

Meditative Meals: Turn off all distractions. Explore textures, flavors, + temperatures.

Body Scan: Bring your attention to your physical self. Send breath to areas of tension.



OCCUPATIONAL WELLBEING

Your attitude about work influences your wellness and development in this area. It allows you to explore options and opportunities and recognize the importance of satisfaction and enrichment through career.

Ask Yourself:

- What occupational tasks do you enjoy? Find burdensome?
- Do you set work-related goals regularly?
- Are you able to communicate openly and honestly with your manager? Your peers?

An Affirmation:

I am energized and ready to take on the day!

Some Tunes:

 Concentration Music



The Challenge: Track how you do this week!



Practice open communication and proper conflict management with your colleagues.



Set realistic goals for yourself and work towards accomplishment.



Explore work and volunteer opportunities that interest you.



Reflect on your occupational needs.



INTELLECTUAL WELLBEING

Expand your mind by being open to new ideas, thinking critically, and finding ways to be creative. Brain teasers and games can be fun too!

Ask Yourself:

- Do I listen to others' opinions?
- How do I inform myself about the world around me?
- Am I able to learn new skills and facts that are outside my scope of expertise?

An Affirmation:

I am **talented** and **intelligent**.

Some Tunes:



The Challenge: Solve the Riddles!

1. What comes once in a minute, twice in a moment, but never in a thousand years?
2. What always ends everything?
3. I have keys, but no locks. I have space, but no room. You can enter, but you can't go outside. What am I?
4. I have seas without water, coasts without sand, towns without people, and mountains without land. What am I?
5. A man shaves several times a day but still has a beard. Who is he?
6. What coat is best put on wet?
7. A clerk in a butcher shop stands 5'10" and wears a size 13 shoe. What does he weigh?
8. How much dirt is in a hole that measures 2 feet by 3 feet by 4 feet?
9. What disappears as soon as you say its name?
10. This belongs to you but everyone else uses it more.