

How Does Health Impact My Work?

Make a list of stressors in your life right now:

What stress management tools (if any) do you use to manage these stressors?

Physical Health

| Behavior | Rating out of 10 |
|---|------------------|
| Sleep: 8-10 hours per night | |
| Nutrition: Regular meals consisting of fruits and vegetables, lean protein, whole grain, and water | |
| Physical Activity: Exercise/Movement that you enjoy for approx. 30 minutes a day | |
| Hygiene: Showering, washing hands, brushing/flossing teeth, doctor check-ups, disease prevention | |
| Relaxation and Self-Care: Schedule time for your favorite activities/relaxation time | |

Reflect: Look at the list (and ratings) above, then answer the questions below:

1. Why would these 5 components of physical wellness be important in the workplace?
2. Which of these areas would you like to prioritize more? How could this help you in your daily life?
3. What do you think happens in a workplace, school, team, etc. when people are not prioritizing these behaviors?

Mental Health

Behavior

Rating out of 10

Focus: on the positive instead of the negative

Self-Talk: more positive than negative

Recognition: of the good things you do for yourself and others

Forgive: yourself and others

Gratitude: practice everyday

Positive Environment: spend time with positive friends and family everyday

Reflect: Looking at the list (and ratings) above answer the questions below:

1. Why would these 6 components of mental health be important in the workplace?
2. Which of these areas would you like to prioritize more? How could this help you in your daily life?
3. What do you think happens in a workplace, school, team, etc. when people are not prioritizing these behaviors?

Wellness Goals

Create **TWO** wellness/health-based goals for yourself based on your self-assessments above. Create one goal based on your physical health and one goal based on your mental health. What is one thing in each area that could use improvement? Identify TWO action steps you will take to help you achieve these goals.

Goal :

Why do you need to improve in this area?

Action Step 1:

Action Step 2:

Goal :

Why do you need to improve in this area?

Action Step 1:

Action Step 2:

Coping Skills

- | | | |
|--|--|--|
| Practice deep breathing | Lift weights | Throw a foam ball at an empty wall |
| Ask for help | Hit a punching bag | Stare at a picture- notice all the details & create a story using those elements |
| Do a puzzle | Play a musical instrument | Draw random designs & color them in |
| Draw, paint or color | Shoot hoops | Turn your designs into cards |
| Listen to music | Sing your favorite song out loud | Go to the movies |
| Pet your cat or dog | Write something positive about yourself for every letter of the alphabet | Make & decorate a foam or paper frame for your favorite photo |
| Clean or organize a space | Decorate your mirror with positive affirmations and your favorite photos | Play with silly putty or modeling clay |
| Play a video game | Make friendship bracelets & give one to someone who looks lonely | Make an inspirational banner for your room |
| Chew gum or suck on a peppermint | Go on a walk & take photos of flowers on a cell phone or digital camera | Write poetry |
| Sip a cup of hot chocolate or tea | Write a letter to someone | Cook or bake |
| Read | Volunteer | Climb a tree |
| Write yourself a nice note and carry it with you | Offer to walk a neighbor's dog | Take a shower or bath |
| Do the dishes | Write a fairy tale | Visualize a peaceful place |
| Go for a brisk 10-minute walk | Draw a picture outside with sidewalk chalk | Jump on a trampoline |
| Dance to music | Visit an inspirational website | Cry |
| Call a friend or invite a friend over | Write a thank you note to your best friend | Use a stress ball or other fidget tool |
| Write positive sayings on cards & decorate | Put on your favorite outfit | Get a hug |
| Go outside and listen to nature | Do your makeup | Build something |
| Rearrange your bedroom | Draw a cartoon | Blow bubbles |
| Work in the garden or flower bed | String a necklace | Learn or try something new |
| Sew, knit, or crochet | Talk to a stuffed animal | Ride your bike or skateboard |
| Do yoga or meditate | Wash & style your hair | Have a drink of cold water |
| Watch a funny or inspirational movie | Rest – take a nap or go to bed early | Sit in the sun and close your eyes |
| Journal | Play a board game with a friend or sibling | |