

# Set A Health and Wellness Goal

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## STEP 1

To be able to perform the best in school and work, it is important to prioritize health and wellness. While there are many parts to this, this activity focuses specifically on physical and mental health. This activity will teach you about the importance of these two areas of wellness, and how they can impact individuals in the workplace. You will assess your current levels of wellness in these areas and create a goal to improve upon. You will also practice mindfulness and explore coping skills and stress-management techniques.

**Mindfulness:** Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

**Health:** A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

**Coping Skills:** Coping skills help you tolerate, minimize, and deal with stressful situations in life.

**Wellness:** The pursuit of activities, choices, and lifestyles that lead to a state of holistic health; six categories: physical, mental, emotional, spiritual, social, environmental.

*\*\*Definitions sourced from: Mindful Staff, World Health Organization, Morin, Global Wellness Institute*

## Brainstorm in the space below.

*What comes to mind for you when you consider your own health and wellness? What areas/activities/habits do you feel are important or prioritize? Are there areas that you feel confused about or you don't practice at all?*

## Physical Wellness

*There are a few main areas to consider around physical wellness. Consider the following behaviors and give yourself a rating from 1-10 on how "well" or "often" you engage in each.*

## Sleep

*8-10 hours per night.*

10

## Nutrition

*Regular meals consisting of fruits and vegetables, lean protein, whole grain, and water.*

10

## Physical Activity

*Exercise/Movement that you enjoy for approximately 30 minutes a day.*

10

## Hygiene

*Showering, washing hands, brushing/flossing teeth, doctor check-ups, disease prevention.*

10

## Relaxation and Self-Care

*Scheduled time for your favorite activities/relaxation time.*

10

## Reflect

Looking at the list (and ratings) above 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?

#### Did You Know?

Many companies will actually REWARD their employees for practicing wellness and making healthy choices. Click the link below to choose (at least) one that you think would be an effective motivator for YOU as an employee.

[View Workplace Wellness Incentives](#)

#### STEP 2

#### Mental Health

*There are many things at play when it comes to an individual's mental health. Likewise, someone who is suffering mentally/emotionally could be greatly affected in the workplace. Consider some of the important aspects of mental health, below, and give yourself a rating from 1-10 on how "well" or "often" you engage in each.*

##### Focus

*...on the positive instead of the negative.*

##### Self-Talk

*... is more positive than negative.*

##### Recognition

*...of the good things you do for yourself and others.*

## Forgive

*...yourself and others.*

10

## Gratitude

*...practiced everyday.*

10

## Positive Environment

*...spending time with positive friends and family everyday.*

10

## 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?**

## Let's Talk About Stress

Stress is another important aspect of mental health. Coping skills can help individuals to better manage their stress and work through the ups and downs of life. Make a list of 3 coping skills that appeal to you

(they can be a mix from ones you already use, and ones that you find on the list linked below).

[View 99 Coping Skills](#)

1	2	3
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## BONUS POINTS

### Reflect

Consider your self-assessments for both PHYSICAL and MENTAL health. In the space below, make TWO “wellness goals” that will help you to improve your life RIGHT NOW. Give each goal and action step. Keep in mind that creating these habits NOW will support you in your future life (in and out of the workplace).

### My Goals

Goal #1	Goal #2
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For each goal, write down one action step.

1	Action Step	
2	Action Step	