

WELCOME TO HEALTHY HOLIDAYS!

Complete 24 Challenges: Complete 4 challenges from each dimension of wellness (page 2) by the end of 6 weeks.

Choose Your Combo: Mix and match challenges from the different dimensions to complete an average of 4 each week.

Check-Off Your Tracker For Your Own Use: Keep track of which challenges you have completed throughout the 6 weeks.

Earn 50 Points: At the end of the challenge, be sure to fill out the **COMPLETION SURVEY** to receive your points!

DIMENSIONS OF WELLNESS

Wellness is much more than just physical health, exercise or nutrition. It's the integration of our physical, mental, and spiritual well-being. Each of the dimensions interact with each other to contribute to our overall quality of life, health, and happiness.



To boost your Environmental Wellness, save this fillable PDF tracker on your computer rather than printing it!

A WELL PERSON...

Physical

- Recognizes the need for sleep, physical activity & nutrition.
- Engages in preventive care & seeks attention when needed.

Emotional

- Effectively copes with emotions.
- Is able to express their feelings and emotions with those they feel close to.

Social

- Actively enhances their personal relationships & sense of belonging.
- Has a well developed support system.

Environmental

- Recognizes & respects the limits of the earth's natural resources.
- Reduces, reuses, recycles & conserves resources when possible.

Intellectual

- Recognizes their creative abilities.
- Finds ways to expand & share their knowledge & skills.

Spiritual

- Expands their sense of purpose & meaning.
- Has the ability to be compassionate towards others and finds meaning in life events.



THIS TRACKER IS FOR YOUR PERSONAL USE. YOU DO NOT NEED TO UPLOAD OR TURN IT IN!

Questions? Email us at myhealthylifestyles@lco.org



PHYSICAL WELLNESS

- Do a **new type of physical activity** or exercise you have been wanting to try at least 2 times
- Make a 2018 **Health Exam** Checklist to stay on top of your annual preventive exams
- Try preparing **a new vegetable** or one you don't like in a more delicious way
- Replace 1 hour of screen time with something that gets you moving
- Choose 1 of these **sleeping tips** to focus on to help increase your quality of sleep
- Take a 10 minute stretch break during the day 3 times this week
- Choose 1 of these surprisingly grimy **everyday items** to sanitize
- Create your own!

★ I COMPLETED 4 PHYSICAL CHALLENGES!

EMOTIONAL WELLNESS

- Smile** 5 times today at 5 different people
- Write down 3 things that make you feel anxious. **Identify 2 solutions** for each to reduce the stress they create.
- Try this **stress management technique** the next time you're stressed
- Explore 1 topic on the **Employee Assistance Program (EAP) website**. (username: SLCO password: SLCO)
- Write down **3 nice things** that you can do for yourself and DO THEM!
- Take this **Emotional Intelligence quiz**
- Laugh more! Watch a funny clip or movie with a coworker or friend
- Create your own!

★ I COMPLETED 4 EMOTIONAL CHALLENGES!

SOCIAL WELLNESS

- Take a treat or thoughtful card to a **neighbor you'd like to get to know better**
- Bundle up and **plan a winter activity** with friends, families, or coworkers
- Write a letter or call a long-distance family member or friend to catch up
- Plan or attend a holiday get-together
- Watch this **TedTalk** on the importance of having a social outlet
- Find two new **social groups** you'd be interested in joining
- Eat lunch with a coworker(s)** or neighbor you'd like to get to know better
- Create your own!

★ I COMPLETED 4 SOCIAL CHALLENGES!

ENVIRONMENTAL WELLNESS

- Eat or **re-purpose your leftovers** for 2 meals to decrease food waste
- Recycle your daily junk mail instead of throwing it away
- Carpool, use public transit, walk, or bike for two outings this week
- Be **"idle free"** when your car is stopped for 2 or more minutes
- Put 3 reusable grocery bags in your car for shopping trips
- Choose 3 ways to **reduce your energy use** and do them
- Reduce water consumption** by doing one of these tips
- Create your own!

★ I COMPLETED 4 ENVIRONMENTAL CHALLENGES!

INTELLECTUAL WELLNESS

- Practice time management** by prioritizing your responsibilities for the day or week
- Keep your mind sharp with these **brain teasers**
- Play a game of strategy (pictionary, scrabble, checkers, chess, etc) with family or friends
- Try a **new skill or hobby** at least once
- Sign up for a **USU extension class** or continuing education class
- Read about** how "de-cluttering" is beneficial for your mental health
- Visit your **local county library** and check out a book you've been meaning to read
- Create your own!

★ I COMPLETED 4 INTELLECTUAL CHALLENGES!

SPIRITUAL WELLNESS

- Visit a place that is sacred to you (church/temple, nature, grave-site etc.)
- Watch this **TedTalk** about finding meaning or purpose of life
- Do a **Random Act of Kindness** for a stranger
- Volunteer your time or resources to a charity of your choice
- Meditate, pray, or self-reflect 3 times this week
- Write down 5 things you are grateful for and if they are people, tell them
- Complete this **"Life Satisfaction Check List"**
- Create your own!

★ I COMPLETED 4 SPIRITUAL CHALLENGES!