

# STAFF WELLNESS CHECKLIST & SELF-CARE CARD

## Celebrate Strong Times, C'mon

### My Wellness Goals

Today:

This week:

This Month:

#### During Work

Write a thank you note (friend, colleague, family member, AA/PL)

Do a yoga pose (mountain, tree, eagle) or big stretch

Do a superhero pose / positive affirmation (in the mirror if possible)

Take a walk around the block/building/ neighborhood

Eat lunch with a colleague in-person or virtually and don't talk about work

Take a mindful minute and pay attention to your breathing

Do a quick body scan and notice what might be needing some attention

Close your eyes and visualize one thing you are grateful for and reflect on why

Put your earbuds in and listen to a favorite song. Extra points for dancing!

Share a project or idea with a fellow colleague

Share something you've been successful in recently with someone

Pause, take a deep breath while counting to 5; repeat a few times

Name 3 things that you are grateful for today, big or small

Hydrate! Drink some H2O

#### Outside of Work

Get enough rest. Plan for an extra 1-2 hrs of sleep or peaceful time during the week.

Enjoy a favorite meal, drink, or snack at your own speed

Go for a drive - not for work- with your favorite music or podcast

Distract yourself when you have to wait. Ex. Count the ceiling tiles; write a mental lists of life-giving or calming things; review the words of a familiar song, count backwards by seven

Look for something beautiful around you and take note. Sit with the beauty for an extra moment

Take up a new hobby and put aside a fixed amount of time for it weekly or monthly

Plan an activity to do outdoors with a friend or family member

Go outdoors for at least 15 minutes, without your phone

Read a book for fun

Take a bath

Try a new recipe

Call someone about whom you've been saying "I should call them"

Practice one act of Generosity

Positive Friends and/or Family Support that lift me up:

Mentors (family, community, school, spirituality, etc) that support me:

If I am feeling stressed, I can do these activities:

Physical activities/stress relievers (walking, biking, working out, yoga):

Quiet, calming activities (taking a nap, writing in my journal, petting my dog):

Concentration activities (watching a funny show, reading a novel, writing thank you notes):

Three ways I can invite other people to start using their strengths with me:

Three things that I am grateful for:

Good things that have happened today or yesterday even in the midst of tough stuff:

