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| **Physical Wellness**  Physical wellness encourages the balance of physical activity, nutrition and hydration to keep your body in top condition.  **Challenge #2-Sleep**  Track hours of sleep for 5-6 nights  Use tracking device I.e.; Fitbit, Garmin, or Free Apps: Sleep Better, Sleep Cycle etc. or time you go to bed and wake. Teens need 10-12 hours  List tracking Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   |  |  | | --- | --- | | Date | # of hours of sleep | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   **Challenge #3-Water**  Track # of glasses of water per day for 5-6 days  Water energizes muscles, keeps skin looking good,  reduces fatigue and headaches. Goal- 6 glasses /day   |  |  | | --- | --- | | Date: | # of Glasses of Water | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  |   **Challenge #4 -Breathing Exercises (5-4-7)**  Twice a day practice Breathing Exercises for 4 days  Deep breathing reduces stress, increases focus,  circulation and oxygen.   * Breathe in thru nose: 5 sec. * Hold for 4 sec. * Blow out mouth -7 sec. * Repeat 4 times  |  |  | | --- | --- | | Date: | Breathing Exercises two times per day  Write the time of day you tried them | |  |  | |  |  | |  |  | |  |  | | **Mental / Emotional Wellness**  Emotionally healthy individuals have control of their **emotions** and behavior. They can   * handle life's challenges * build strong relationships * recover from setbacks/overcome obstacles   Emotional/Mental health, just like physical health, requires effort to build and maintain.  **Challenge #5 – Stress Awareness /with Stress Squares**  Observe when you are least and most stressed   |  |  |  | | --- | --- | --- | | Date | Least stressed  Activity | Most Stressed  Activity | |  |  |  | |  |  |  | |  |  |  |   **Challenge #6- Helpful Acts toward others**  Kindness and Concern for others increases emotional  happiness. List **4 ways** you helped someone this  week –tell what you did or draw a picture of your action.   |  |  | | --- | --- | | Date |  | |  |  | |  |  | |  |  | |  |  | |
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| **Social Wellness**  **Social Well-being** is a   * sense of involvement with other people * **being actively** engaged with life and with others within our community   **Challenge #7 - Friends/Family Connection**  List 4 ways you helped friends or family this week  (It may be as simple as reaching out to your brother/sister  to play a game with you.)   |  |  | | --- | --- | | Date | 4 ways you helped friends or family  How did it make you feel?List or draw | |  |  | |  |  | |  |  | |  |  |   **Challenge #8 –Community Connection**  Reflect on someone who has influenced you in a positive  way. Write a short thank you note to acknowledge them.  (You may just make their week!)  A few kind words go a long way.   |  |  | | --- | --- | | Date: | Tell or draw how they influenced you. | |  |  | |  |  | |  |  | | **Challenge #9 - Increase your knowledge/awareness**  **of Social Wellness**  **Choose 2 of the 3 activities below:**   |  | | --- | | Explore Social Wellness websites – List 2 Websites & tell what you learned. | | 1. | | 2. | | Explore 2 careers that you feel would be enjoyable, meaningful, and contribute to the larger society. List and tell how they would contribute? | | 1. | | 2. | | List 2 ways to balance Social Wellness with your Physical and Emotional Wellness  **Remember Wellness is active process of**  **becoming aware & making choices toward a healthy and fulfilling life.**  **How do I balance physical, mental/emotional & social in my life?** | | 1. | | 2. | |