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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 |
|  |  |
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**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  |
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**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 dayWrite the time of day you tried them |
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 | **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

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| --- | --- | --- |
| Date  | Least stressedActivity | Most Stressed Activity |
|  |  |  |
|  |  |  |
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**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.

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| --- | --- |
| 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.)

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| --- | --- |
| Date | 4 ways you helped friends or family How did it make you feel?List or draw |
|  |  |
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**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. |
|  |  |
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 | **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. |

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