

Looking for ways to be well this summer? There are eight dimensions of wellness, and you can explore them all here. This isn't an exhaustive list, so use it as inspiration to live your summer of wellness!

EMOTIONAL WELLNESS: Coping effectively with life and creating satisfying relationships

Play a board game or cards with someone from another generation

Help a neighbor with yard work

Keep a gratitude journal every day for a week

Create a vision board

Take a relaxing bath

Sit quietly in nature for 15 minutes without talking or using technology

Work toward resolving a conflicted relationship in your life

Share your worries with a trusted friend or relative

Explore the benefits of a relaxation massage or healing touch

Read an article about emotional intelligence

Spend time with a pet or therapy animal

Practice mindful breathing

ENVIRONMENTAL WELLNESS: Enjoying good health by occupying pleasant, stimulating environments that support well-being

Join a community park clean up

Take your dog to Andy's Bark Park

Work in your garden

Reduce the trash your family generates for a week

Compost your food waste

Use a reusable water bottle for a week

Visit the Woodbury Farmers Market

Reuse shopping bags for a month

Check your smoke detector batteries

Plant a rain garden

Plant pollinator-friendly native plants

Remove invasive plants, such as buckthorn

FINANCIAL WELLNESS: Satisfaction with current and future financial situations

Attend an event that is low-cost or free

Avoid using the credit card for one week

Add \$5/week to your savings account – at challenge end you'll have an extra \$100!

Balance your checkbook

Set up a retirement account or add extra money to one you have

Pick a debt and make an extra payment (or partial)

Create a family budget

Organize your paperwork

Pick one day a week and spend no money that day – for a month

Plan your will/estate

Donate to a charitable organization
Protect your online passwords

INTELLECTUAL WELLNESS: Recognizing creative abilities and finding ways to expand knowledge and skills

Visit the Stafford Library and learn something new
Do a crossword puzzle, word search, or Sudoku
Read a book that encourages, inspires, or improves you
Attend a music concert – or play in one
Attend a play, poetry reading, or book talk
Learn a new creative skill – painting, knitting, etc
Attend a lecture or speaker series event
Visit the library to find a new recipe
Study a foreign language
Practice a musical instrument
Read about an important historical event or famous person
Expand your mind to a variety of political views

OCCUPATIONAL WELLNESS: Personal satisfaction and enrichment from work

Take 3 5-minute breaks a day for a week
Prioritize your to-do list
Organize your workspace
Take a class or build a skill that would make you better at your job or help you find a new one
Set “mini goals” every day for a week: “finish X by noon”
Join your coworkers for a meal or break time
Make a plan for what you’d like to be doing one or five years from now
Bring some of your personality to your workspace (if allowed)
Focus on work-life balance for one week
Fix the ergonomics of your workspace
Attend a career fair
Foster a new friendship at work

PHYSICAL WELLNESS: Recognizing the need for physical activity, healthy foods, and sleep

Take a cooking/nutrition class
Donate a healthy food item to a local food shelf
Drink half your weight in fluid ounces of water for 7 days (weight = 160 pounds, water = 80oz)
See a nutritionist or health coach
Have a wellness assessment done (blood work, blood pressure, body composition)
Dance – at a class or at home!
Attend a fitness class at a Woodbury fitness center
Exercise or take a walk during your lunch break
Play tag or chase lightning bugs in the yard or at a park
Try a new sport

Walk or run 1 mile
Bike 3 miles

SOCIAL WELLNESS: Developing a sense of connection, belonging and a well-developed support structure

Babysit for free
Volunteer at the food shelf
Volunteer at a nonprofit that helps people in need
Volunteer at a local school
Volunteer to help with a food packing event
Visit a nursing home/senior care center
Take a child to a playground
Attend a health prevention class (CPR, concussion awareness, bike safety, etc)
Eat 3 meals a week with friends, family, or neighbors – and no phones!
Register for a 5K or other community exercise event
Join a book club
Make friends with someone from another country

SPIRITUAL WELLNESS: Expanding a sense of purpose and meaning in life

Attend a service or visit a house of worship
Pray or meditate 10 minutes a day for a week
Walk the labyrinth at Woodwinds Health Campus
Read a daily devotional or other spiritually compelling piece
Visit a faith gathering that is not of your background
Download a meditation app
Take a yoga class that focuses on deep breathing
Spend time identifying what feeds your spirit
Offer to listen to a friend or neighbor in need
Talk about spiritual beliefs with someone of another generation
Host a spiritual discussion group
Learn about other world religions