

Looking for ways to stay healthy? There are eight dimensions of wellness, and you can explore them all here.

EMOTIONAL WELLNESS: Coping effectively with life and creating satisfying relationships

Play a board game or cards with your family/people you live with
Help a neighbor with yard work – you can still practice social distancing
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
Connect online with a distant friend or relative
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 – assuming you can maintain social distance
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
Wash your reusable shopping bags
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 online event that is low-cost or free
Avoid using the credit card for one week
Add \$5/week to your savings account
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's website and check out some books in a new-to-you subject. The library has curbside pickup

Do a crossword puzzle, word search, or Sudoku

Read a book that encourages, inspires, or improves you

Watch a concert online

Attend an online play, poetry reading, or book talk

Learn a new creative skill – painting, knitting, etc

Look online to find a new-to-you recipe – a new cuisine, cooking with an unfamiliar food, or using a new technique

Study a foreign language

Practice a musical instrument

Read about an important historical event or famous person

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 an online 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 virtual meal or virtual happy hour

Make a plan for what you'd like to be doing one or five years from now

Focus on work-life balance for one week

Fix the ergonomics of your workspace

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)

Have an online consultation with a nutritionist or health coach

Have a dance party at home!

Exercise or take a walk during your lunch break

Chase lightning bugs in the yard

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

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
Walk through your neighborhood and wave to your neighbors from 6+ feet away
Attend a health prevention class (CPR, concussion awareness, bike safety, etc)
Eat 3 meals online with friends, family, or neighbors
Register for a virtual 5K or other community exercise event
Join a book club – you can meet via Zoom

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

Attend an online service
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 an online yoga class that focuses on deep breathing
Spend time identifying what feeds your spirit
Offer to listen to a friend or neighbor in need – over the phone or online
Host a spiritual discussion group on Zoom
Learn about other world religions