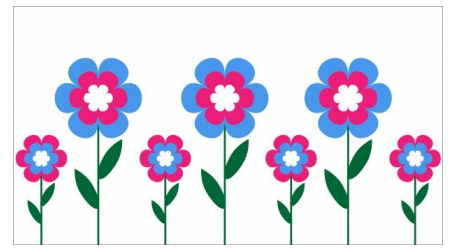


HealthyU
"Spring Into Action"
Wellness Activity



For the period of April 1 –30, we challenge you to complete one new activity in each dimension of wellness or two activities in four of the dimensions of our HealthyU program. Try to do activities in areas that aren't part of your regular routine. Examples of activities can be found on the back of this form.

HealthyU Wellness Dimension	Activity #1	Activity # 2
Physical, Nutrition, Sleep		
Emotional		
Spiritual		
Intellectual		
Environmental		
Occupational		
Social		
Financial		

Return a copy of this form (via email to benefits@hood.edu with Spring Into Action in the subject line) by Friday, May 8 to be included in a drawing for great prizes. Only FTE faculty and staff who complete a total of eight activities (one in each dimension or at least two in each of four dimensions) are eligible for the drawing.

Employee Name: Dept: Email:

HealthyU				
Wellness				
Dimension				
Physical, Nutrition, Sleep	Example #1		Example #2	
	Example #3			
	Do 30 minutes of moderate exercise 3 days per week	Prepare a meal plan for one week and create a grocery list	Learn about healthy sleep routines and set a goal of getting at least 7 hours per night	
Emotional	Write a letter to someone who had a positive impact on your life and let them know how it changed you	Keep a gratitude journal	Forgive someone, even yourself, for something in the past that has kept you from moving forward	
	Practice meditation	Learn about a faith practice outside of your own (read, watch a video, talk to a friend or attend a service, etc.)	Look for ways to serve others, especially tasks that promise no tangible reward	
Intellectual	Read a book outside of your usual genre	Sign up for an online course to explore an area of interest	Lean to play a new word game, math game, card or board game, chess or trivia game or teach someone else a game you know.	
	Prepare your garden beds for Spring planting	Investigate ways to improve your driving habits and commit to making one positive change (carpool, bike to work, combine errands, etc.)	Write to a company or elected official encouraging them to make a positive change in regards to an environmental issue	
Occupational	For one week, keep track of you work activities and see if you can implement one positive change to your work flow	Update your resume to include skills you have learned in your current job and assess what skills you could improve	Make a list of occupations you have outside of your daily job (parent, volunteer, coach) and look for ways to create balance	
	Write a letter to a note to a friend, relative, service member or veteran	Read to a child or grandchild via Skype, FaceTime or Zoom.	Join Hood's E-Book Club	
Financial	Schedule a one-on-one appointment with a TIAA financial advisor or other personal advisor	Review and update your W-4 withholdings	Keep track of your spending for 2 weeks and create a budget	

These are just examples of activities you can do. To create your own activities, think about exploring areas that are outside of your usual routine. If you are undertaking a new physical fitness routine, please be sure to check with your health care provider if you have questions about any medical conditions that may be impacted.