



Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting
your needs and
practicing
self-care.

Feeling okay.

How can you
make your
day a tiny bit
better?

Struggling.

Practice triage.
What area of your
life is suffering the
most right now?
Focus on that one
area today.

BlessingManifesting



Feeling good!

How can you
maintain the
levels you're
currently at?

Meh.

How can you
love on your
-self today? Be
extra kind to
yourself.

I'm empty.

Pinpoint what's
draining you and try
to create a boundary
& then do one thing
that fills you up.

*Winter Break may give us just the
opportunity we need to reset*

... so how so we do it?

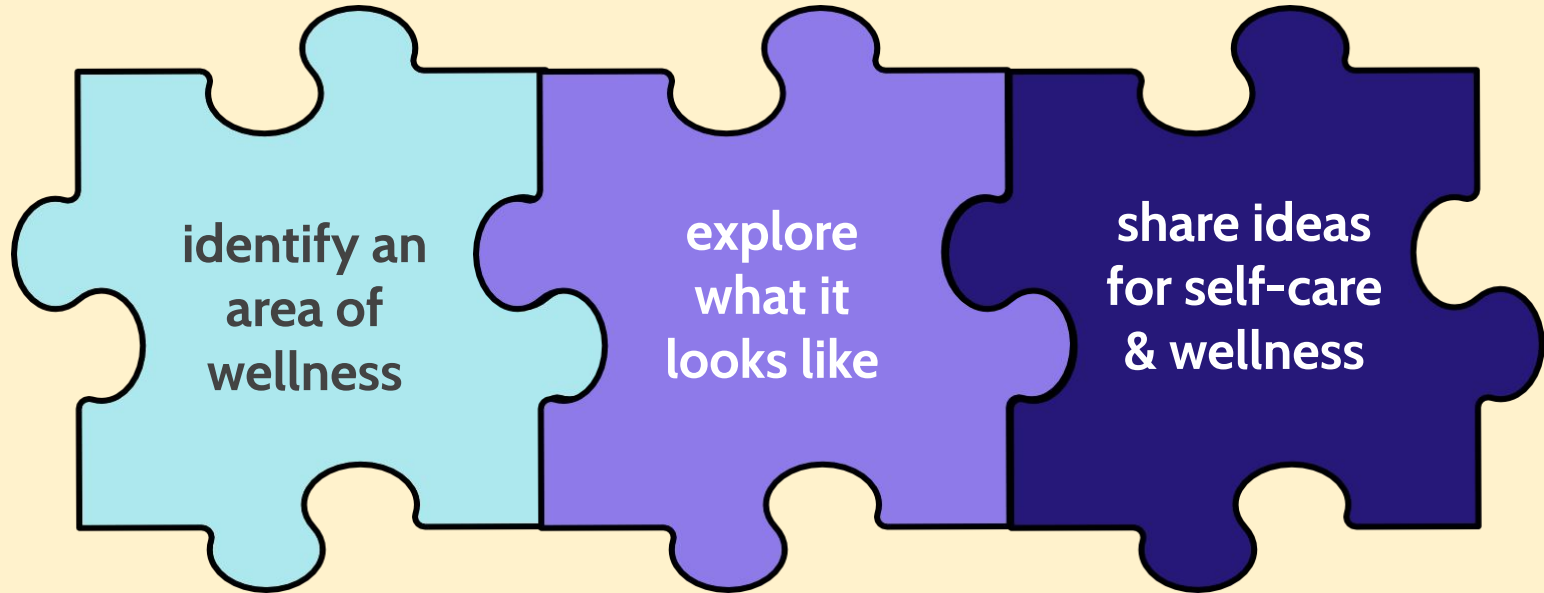


Understanding what Wellness is, can help us set priorities and goals





In this workshop, we will ...





Spiritual Wellness:

*Expanding a sense of purpose
and meaning in life.*



What does Spiritual Wellness look like?



Practice Gratitude

Recognizing the things that bring you joy and are grateful for is a great way to recognize your own values.



Yoga & Meditation

Practicing yoga and meditation can reduce stress as well as emotional and physical strain, and may lead to an improved sense of well-being.



Mindfulness

Living in the moment can teach you to appreciate the little things in life and help you notice the many pleasures that feed your soul.



Giving Back

Giving back to others through donating time, money or other resources can provide you with a way to align your values with your actions.



Faith Community

Your religious faith, values, beliefs, principles and morals may help define your spirituality, by bringing meaning and purpose to your life.



Self-Acceptance

Being comfortable with who you are, and practicing affirmations can help you feel at peace with yourself so that you can focus on being "good enough".



Give me ideas!



Gratitude
[Grateful](#) App



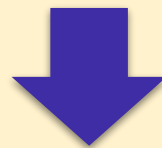
Meditation
Mindfulness
[Calm](#) App



Personal Values
[To Be Lists](#)



Volunteering
[Links](#)



Random Acts of
Kindness
[RAKs](#)



Environmental Wellness:

Good health by occupying pleasant, stimulating environments that support well-being.



What does Environmental Wellness look like?



Gardening Or Being Outdoors.

Take a walk outdoors. Soak in sunshine and vitamin D. When the weather allows, explore the enjoyment that gardening can bring.



Home Decor. Bring the outdoors inside.

Decorate your home for the holidays. Organize and declutter your spaces.



Create a Peaceful Environment with

music and aroma. Use a diffuser with essential oils, candles, incense or any kind of aromatherapy to help create an inviting space.





Give me ideas!

1

Pick just **one** space (cupboard, closet, drawer) to organize over break. Purging and organizing will feel great ... *and, if you can, donate things you no longer use or need.*

Organize

2

Create succulent gifts for friends this holiday season.

Ex: [How To Make A Succulent Pot](#) and a fun project [FHS G&G](#)

Gardening

3

Make a Music Playlist on Spotify, or other music app, that makes you feel good! Share it.

Or better still make it collaborative with friends!

Music



Emotional Wellness:

Coping effectively with life and creating satisfying relationships.



What does Emotional Wellness look like?

Positive Outlook

Look at things in a positive light and highlight the good to keep things in perspective. This includes eliminating negative self-talk.

Stress Reduction

Not all stress is bad: some stress can spark us into action. Learn healthy ways to address “too much” stress.

Rest & Relaxation

Make “me time” a priority to be be present and ready for tackling important responsibilities.

Seeking Balance

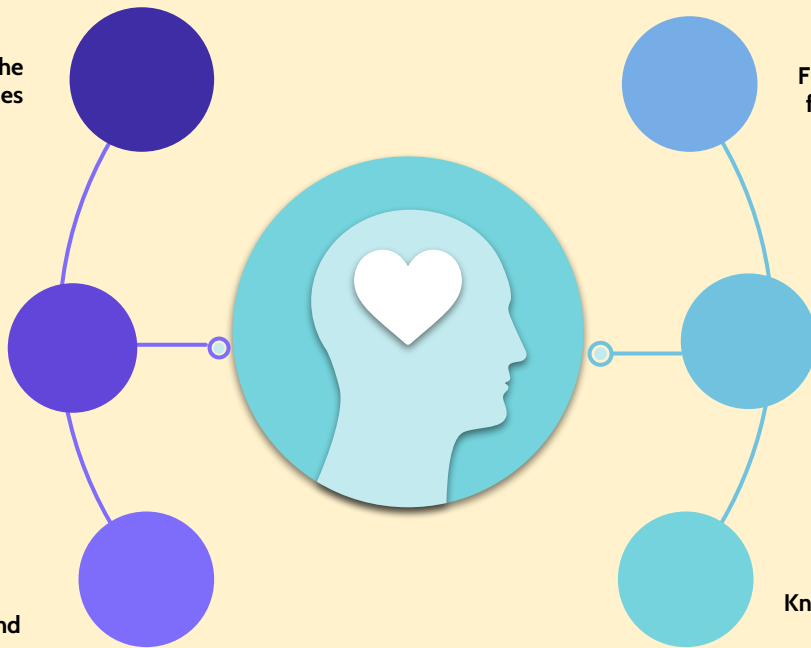
Find work/life balance; manage your time and be fully present in the different realms of your life.

Coping with Adversity

This year has been challenging. Find healthy ways to cope with loss and adversity

Accepting Support

Know when to reach out to others for support. Call on your friends and family for help, or seek professional support - you do not have to do it all on your own.





Give me ideas!



Affirmations



ThinkUp App



Journaling



Ideas and Journal Prompts
to reduce stress and anxiety.



Coloring



Color Therapy App
Printable Coloring Pages



Reach out for Support

Care Solace can help you
connect with a Therapist. Or
reach out to one of our Social
Workers for help accessing
community resources.



Intellectual Wellness:

*Recognizing creative abilities and
finding ways to expand knowledge
and skills*



What does Intellectual Wellness look like?

Time Management

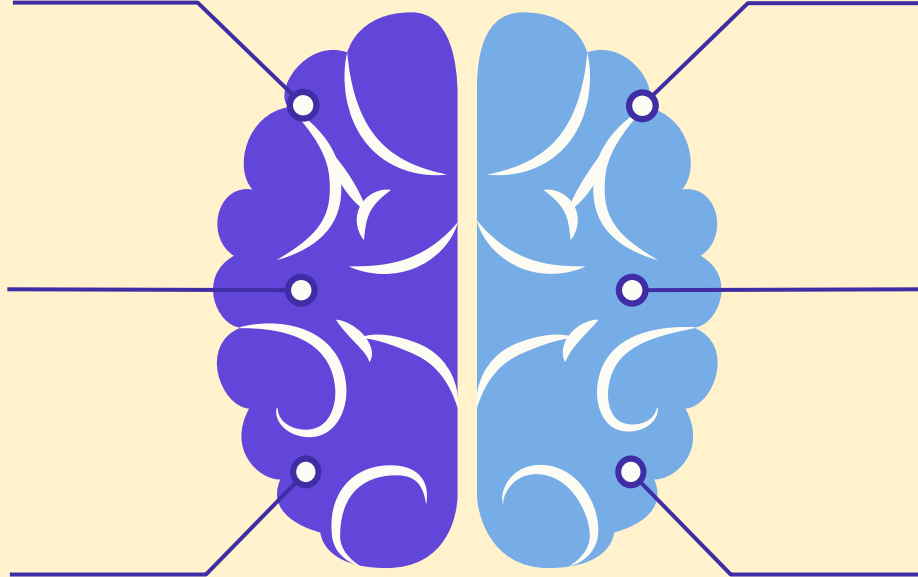
Create a schedule, plan things ahead of time, and make “to do” lists.

Learn a New Skill

Devote time to learning something you've wanted to or rediscover something you used to love.
Playing an instrument. Painting.

Share your Ideas

Know how to do something really well? Share your talents and great ideas with others.



Challenge Yourself

Push yourself to do things you've been putting off, or have been too busy, apprehensive or scared to try.
Study a new language.

Discover and Explore

Visit new places (virtually) or explore new topics or areas of interest.
Read more! YouTube “how tos”.

Lifelong Learning

Grow professionally by studying current trends, new ideas and the latest research.



Give me ideas!



*Create a
Schedule*

Example

*Creativity
Online Classes*

CreativeLive



*Free Online
Courses*

Free Online
Courses by
renowned
institutions



Physical Wellness:

Recognizing the need for physical activity, healthy foods, and sleep.



What does Physical Wellness look like?





Give me ideas!



*Take an online
Fitness class*



[25 Free Live-stream Workouts](#)

[Free Online Workouts Classes](#)

[Yoga with Adriene](#)



*Improve your
Nutrition*



[MyFitnessPal App](#)



*Work on your
Sleep*



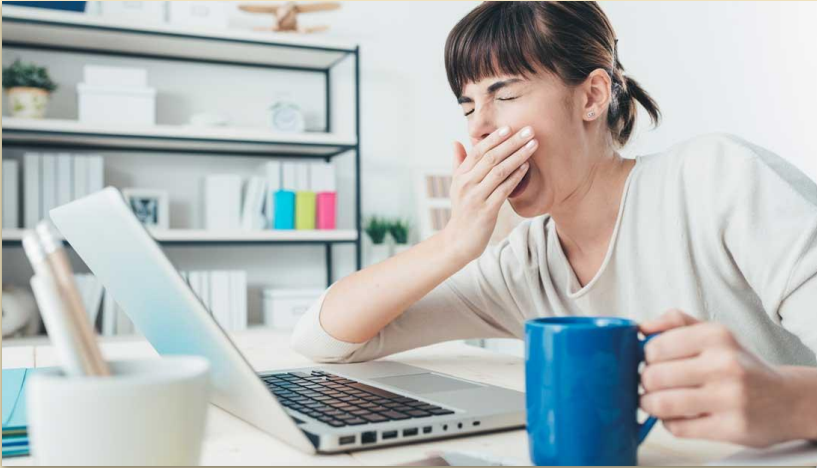
[Calm App](#)

[Headspace App](#)

[Pzizz App](#)



Let's spend a little more time on sleep ...



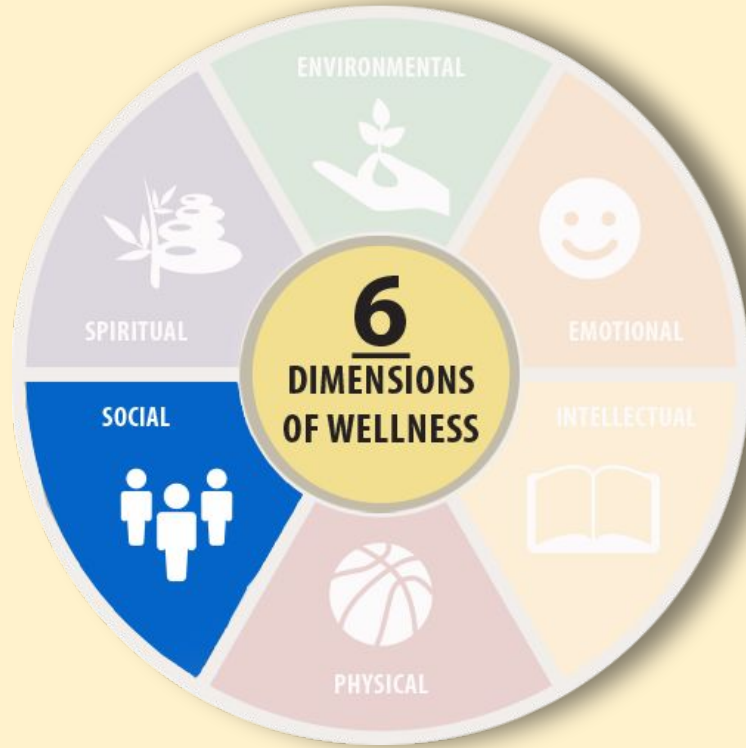
*So how much sleep do we
really need every night?*

Age group	Recommended amount of sleep
Newborns	14 to 17 hours a day
12 months	About 10 hours at night, plus 4 hours of naps
2 years	About 11 to 12 hours at night, plus a 1- to 2-hour afternoon nap
3 to 5 years	10 to 13 hours
6 to 13 years	9 to 11 hours
14 to 17 years	8 to 10 hours
Adults	7 to 9 hours

Tips for better sleep ...

- ★ Optimize bedroom environment:
 - *Keep room dark*
 - *Keep temperature on the cooler side*
 - *Play soothing music before bed*
 - *Use a diffuser with essential oils - like lavender*
 - *Use a white noise machine*
- ★ Reduce blue light exposure before bed
- ★ Charge phones/electronics away from your bedside
- ★ Avoid caffeine after 3-4 p.m.
- ★ Avoid late-evening eating
- ★ Take a relaxing bath or shower
- ★ Meditate (Sleep Meditation 10 min)
- ★ Practice progressive relaxation (Video 6:32 min)
- ★ Try to go to sleep and wake up at roughly the same time everyday





Social Wellness:

*Developing a sense of connection,
belonging, and a well-developed
support system.*



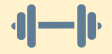
What does Social Wellness look like?



Having a supportive,
collaborative work team.



Participating in online
clubs or discussion
groups/interest groups.



Having a workout buddy
or a community of
fitness friends.



Spending quality time with your
family and friends. Playing
collaborative online games ex:
Trivia Night; Zoom 'morning
coffee' or 'happy hour'.



Connecting with people
via social media to share
pictures, stories, events.



Social Media - a few thoughts ...



Remember your Digital Footprint 

Before you post, ask yourself:

1. *Does this need to be said?*
2. *Does this need to be said right now?*
3. *Does this need to be said by me?*

If yes, then

How can I *respond*, rather than *react*?



Give me ideas!



Reconnect!

Let's share ideas on what we can do to connect with our own immediate families, and with friends and families that are far away ...

[Padlet](#)

Additional Resources

[PUSD Wellness Website](#)

[PUSD Wellness - Parent Resources](#)

[PUSD Wellness - Apps](#)

[PUSD Wellness - Wellness and Self-Care for Teens](#)

[Hotlines and Support Information](#)

[Emotional Wellness Toolkit](#)

[Time Management Tips](#)

[Tips for Better Sleep](#)

[17 Of The Best Online Games To Play As A Family](#)

[11 Fun Games to Play on Zoom](#)

[Virtual Museum Tours](#)

fall in love
with taking care
of yourself -
mind, body, and soul

FITLICITY.COM

Thank you!

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Slideshow Credits: [Slidesgo](#) and [Freepik](#)

