

# Components of Wellness

Spiritual-1pt.

Intellectual-1pt.

Emotional-1pt.

Environmental-1pt.

Social-1pt.

Physical-1pt

With the school year underway, we would like to invite you to take part in  
*The Unity Wellness Balance Challenge.*

Your Goal is to achieve complete balance! But we would like to throw in some rewards to make the challenge even more fun.

Each Wellness Activity is worth 1 point. Component activities can be combined (ex. a walk, with a friend) and you can earn yourself more points.

## The rewards:

500 pts- Unity Fleece or 30oz Yeti

250 pts-Unity Sweatshirt or small tumbler

100 pts- Unity T-shirt or water bottle.

## *How will we know your practicing wellness?*

Great question! We'll know you are practicing wellness because you are going to snap a picture (or selfie) of you completing the activity. Pictures and explanation of component activity can be sent to [danielle.maiorana@unitycharterschool.org](mailto:danielle.maiorana@unitycharterschool.org) (In the subject area of the email please write "Wellness Challenge")

*When do I get my Unity Gear?*

We will have 2 challenges for the 2020-2021 School year. We will announce our challenge winners on December 23, 2020 AND on June 11, 2021. **So from now until December 22, 2020 get your wellness on and bank as many points as you can!**

*Why create balance?*

Creating balance in our lives is an important part of wellness. Overall, a balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled.

([www.samhsa.gov](http://www.samhsa.gov))

Below you will find some examples of suggested Wellness Activities

# Wellness Activities

<u>1</u> <i>Spiritual</i> Write down 10 positive things about today	<u>2</u> <i>Intellectual</i> make/eat your favorite meal	<u>3</u> <i>Intellectual</i> <i>Physical</i> Have a dance party	<u>4</u> <i>Physical</i> <i>Intellectual</i> Bike/ walk instead of drive	<u>5</u> <i>Intellectual</i> Watch a movie
<u>6</u> <i>Intellectual</i> <i>Emotional</i> Create a playlist	<u>7</u> <i>Intellectual</i> <i>Emotional</i> <i>Physical</i> Sleep in	<u>8</u> <i>Intellectual</i> Color/ Draw	<u>9</u> <i>Emotional</i> Write down 15 things you are grateful for	<u>10</u> <i>Intellectual</i> <i>Emotional</i> Read a book
<u>11</u> <i>Spiritual</i> <i>Intellectual</i> <i>Emotional</i> Meditate	<u>12</u> <i>Intellectual</i> <i>Emotional</i> Find a new hobby	<u>13</u> <i>Environmental</i> Declutter your room, office, an area of your home	<u>14</u> <i>Social</i> <i>Intellectual</i> Take a social media break	<u>15</u> <i>Intellectual</i> <i>Emotional</i> Bake
<u>16</u> <i>Physical</i> Go for a walk	<u>17</u> <i>Intellectual</i> <i>Emotional</i> Listen to your favorite song	<u>18</u> <i>Physical</i> Have a glass of water	<u>19</u> <i>Social</i> <i>Emotional</i> Call a family member or a friend you haven't spoken to in awhile	<u>20</u> <i>Social</i> Give a compliment to someone
<u>21</u> <i>Environmental</i> Plant or start a garden	<u>22</u> <i>Emotional</i> <i>Intellectual</i> Try something new	<u>23</u> <i>Spiritual</i> Watch a sunrise/sunset	<u>24</u> <i>Social</i> <i>Emotional</i> Hang out with friends	<u>25</u> <i>Physical</i> Move your body for 30 minutes
<u>26</u> <i>Emotional</i> Play a game (by yourself, with a friend, with family)	<u>27</u> <i>Intellectual</i> Learn something new	<u>28</u> <i>Emotional</i> Give yourself 3 compliments	<u>29</u> <i>Emotional</i> <i>Physical</i> Go to sleep early	<u>30</u> <i>Environmental</i> Organize your space

## More examples of suggested activities for each Wellness Component

### Emotional Wellness

- Be positive whenever possible.
- Give and get support by talking with a friend or family member.

### Spiritual Wellness

- Evaluate your values that guide your decisions and actions.
- Be open to the views and opinions of others.

### Intellectual Wellness

- Pick up a new hobby OR work on a creative hobby you enjoy.
- Join a new group or club.

### Physical Wellness

- Perform weight/strength training two times a week.
- Try stretching for 10 minutes a day
- Prepare balanced meals to eat with suggested portion sizes.
- Aim for at least seven hours of sleep each night (adults should aim for 7-9 hours of sleep a night)

### Environmental Wellness

- Walk a local nature or historic trail.
- Visit or have a picnic at a nearby park.

### Social Wellness

- Plan time with family and friends.