

# Wellness

## Activity Packet



allhealth<sup>®</sup>  
network

# What is Wellness?

**Wellness** is the act of  
practicing healthy habits  
daily to attain better  
physical and mental  
health, so instead of just  
surviving...

**YOU'RE THRIVING!!**

# Table of Contents:

Domains of Wellness.....	3
Sleep Tips.....	5
Daily Goal Challenge.....	7
30 Day Challenge.....	8
Practicing Gratitude.....	10
Grounding Exercise.....	11
Mindful Writing.....	12
Coloring Pages.....	15
Grief and Loss.....	18
Resources.....	20

# Domains of Wellness

## 1 - Tips for **physical** wellness:

- Exercise daily
- Get adequate rest (see our sleep tips on page 5)
- Eat a balanced diet and incorporate healthy snacks
- Recognize and respond to early signs of illness

## 2 - Tips for **emotional** wellness:

- Learn time management and setting priorities
- Set boundaries at work and in personal relationships
- Establish a support system
- Practice stress management techniques

## 3 - Tips for **intellectual** wellness:

- Adopt a hobby
- Learn new skills by taking a course/webinar
- Get creative – write, draw, paint, sculpt, color, etc.
- Read a book

## 4 - **Connect** with friends & family:

- Join an activity group (reading, cooking, music, etc.)
- Write a letter or send a post card
- Get involved in your community and volunteer
- Communicate your thoughts and feelings with others

## 5 - Find a **community** to practice your **spiritual beliefs**:

- Explore spiritual beliefs and practice those that are meaningful to you
- Practice meditation and breathing exercises
- Explore and define your morals and values

## 6 - Tips for **environmental** wellness:

- Acknowledge green living
- Change your scenery and get outside when you can
- Assure your home and work environment are helping you feel good and reach your goals

## 7 - Tips for **vocational** wellness:

- Maintain a healthy balance between your personal and professional lives
- Explore the personal satisfaction in how you spend your days (school, work, volunteering)
- Acknowledge the impact your work brings to the community
- Make the most of your skills and passions

## 8 - Don't forget your **financial** wellness:

- Practice healthy spending and budgeting habits
- Feeling comfortable in controlling your finances
- Plan ahead for emergencies
- Create financial goals and actively working towards them

# Having Difficulty Sleeping?

*Many people have difficulty sleeping when they undergo stress. This can include trouble falling asleep, staying asleep and/or waking during the night.*

**Sleep in a location where you will feel most rested and safe.**

While the bedroom is optimal, it may not be possible to rest there soon after the intense event if you had negative experiences in that room.

**Create an environment in which you can sleep well.**

It should be safe, quiet, cool and comfortable. While it often helps to sleep in a dark room, if keeping a nightlight on helps bring about a more safe feeling, then consider keeping the room dimly lit. It may also help to have a friend or family member briefly stay in the room, or perhaps in a nearby room, while you are sleeping.

**Try to allow for wind-down time prior to sleep.**

Spend 30 minutes doing something non-stressful and non-stimulating, such as reading, breathing exercises, meditation, stretching, yoga, prayer, writing/drawing, or listening to quiet music before bed. For some people, soaking in a warm bath or hot tub can be helpful. Avoid activities that are mentally or physically stimulating, including discussion about your intense event, right before bedtime.

## **Do not eat or drink too much before bedtime.**

Avoid nicotine, alcohol and caffeine after 4pm. All can interfere with deeper sleep cycles. Unless directed by your doctor, avoid sleeping pills.

## **Rest when you need to rest.**

It is common to feel exhausted after an intense event, so you may need more rest or to rest differently during this time.

Relaxing and resting for brief times throughout the day and taking short naps (15-45 minutes) may help.

## **Go to bed when you feel ready to sleep.**

Try not to force sleep, which can add to the pressure of wanting to get to sleep. Developing the harmful habit of lying in bed awake for long periods when you want to sleep is counter-productive. If you cannot fall asleep in about 20 minutes, get up until you feel sleepy, and then try again.

## **Watch out for unhelpful thoughts that can interfere with sleep.**

Such as, “If I don’t get enough sleep, I won’t be able to do anything tomorrow” or “Not sleeping is really unhealthy”. Try to replace these thoughts with new healthy ones such as “I’ll be okay; I’ve done fine with little sleep before”.

*If using these strategies does not improve your sleep, consider speaking with a healthcare practitioner.*

# Daily Goal Challenge

Challenging yourself or your family with a daily goal can incorporate motivation, fun, and self-improvement into your daily routine.

**Monday:** Meditate for 5-10 minutes

**Tuesday:** Write a letter/draw a picture for someone including why you are grateful for them

**Wednesday:** Try a new recipe by yourself or as a family

**Thursday:** Phone, video call or visit a friend or family member

**Friday:** Self-care for 30 minutes: (exercise, read, get outside, listen to music)

**Saturday:** Random acts of kindness

**Sunday:** Journal for at least 15 minutes

# 30-Day Challenge

Looking for more daily challenge ideas?

Set a goal to challenge yourself or your family to see how many items you can cross off in 30 days.

There is something here for everyone, pick one and go for it!

Drink a gallon of water	Spend 1+ hours outdoors	Make a home cooked meal	Make your bed	Start a new book
Listen to a TED Talk	Meditate for 10 minutes	Write down 5 things you are grateful for	Try a new hobby	Volunteer
Exercise for 15 minutes	Call or video a friend/family	Stay off social media all day	Make a new friend	Finish a crossword puzzle
Watch your favorite movie	Go to bed 1 hour earlier than usual	Write down a list of goals you have for today	Watch the sun set	Finish something you have been putting off
Eat a healthy breakfast	Explore a new place	Try a Sudoku	Listen to your favorite song or playlist	Go for a walk
Declutter your space	Write a letter to a family member or friend	Stretch 3+ times throughout the day	Draw a picture	Share this challenge with a friend

# MY GOAL

Goal: What do you want to do? What is your ultimate aim for your goal(s)?

---

---

---

---

---

---

---

Reality: Where are you now?

---

---

---

---

---

---

What are some of the barriers preventing you from achieving your goal?

---

---

---

---

---

---

Options: How I plan to respond to each obstacle:

---

---

---

---

---

---

---

Will/Why: What will you do? How can you start making changes to achieve your goal? Why is this goal important to you?

---

---

---

---

---

---

---

# Practicing Gratitude

## Five Benefits of Practicing Gratitude

1. Improves health
2. Strengthens relationships
3. Helps with seeing the bigger picture
4. Increases spiritual connection
5. Builds self-esteem

## Try some practices to build gratitude:

### Gratitude Journaling

- Write about a person in your life that you are especially grateful for.
- List 5 small ways you can share your gratitude today with others.
- Write about skills or abilities you are thankful to have.
- Keep it simple: The exercise can be as short or long as you like.
- Journal small moments and big moments that bring you gratitude.

### Gratitude Reflection

- Sit in a comfortable space and clear your head. Reflect on your day/week and only focus on things you feel grateful for.
- Note the significance of each grateful thing and even the specific reason this makes you feel grateful.
- Writing those things out can help you reflect on them later if you want.
- Aim to do this daily. Setting a timer can help you remember.

### Picture Collage

- Take a picture a day of something you feel grateful for.
- After 2-4 weeks print them all out and make a collage.
- Put it somewhere you will see it and be reminded how grateful you are.
- If you already have pictures that spark gratitude, you can create a collage with those positive memories as well!

# Grounding Exercise

Grounding exercises can help us when we are having intense emotions or are caught up in thoughts in our head and are having a difficult time focusing on the present moment.

Grounding exercises help us come back to the present moment or the here and now.

Give the 5-4-3-2-1 grounding exercise a try. This exercise can be done anywhere and is helpful for people of all ages.

---

## 5, 4, 3, 2, 1 Grounding Exercise



Name **5** things you **see**.



Name **4** things you physically **feel**.



Name **3** things you can **hear**.



Name **2** things you can **smell**.



Name **1** thing you can **taste**.

# Mindful Writing

## What is Mindful Writing?

Mindful writing helps us to take a step back and take time to reflect and distinguish between our thoughts and experiences.

Directing your thoughts inward can be difficult, your thoughts may be overflowing throughout the day, preventing you from being able to actually focus. One great way to get these thoughts out of your head is to write them down so you know you can revisit them later.

Writing by hand is an intentional mindful practice as it is more deliberate and slower than typing.

## Examples of Mindful Writing

Mindful writing comes in many different forms:

- Poetry
- Meditative journaling
- Story writing
- Blogging
- List writing

## Mindful Writing Tips:

Stay rooted in the present

Breathe before you start writing

Use all of your senses

Let go of the need for perfectionism

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Combine Gratitude and Writing:

2. Write down a list of 5 things you are grateful for and why. Take note to how you feel while thinking about the things you are grateful for.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

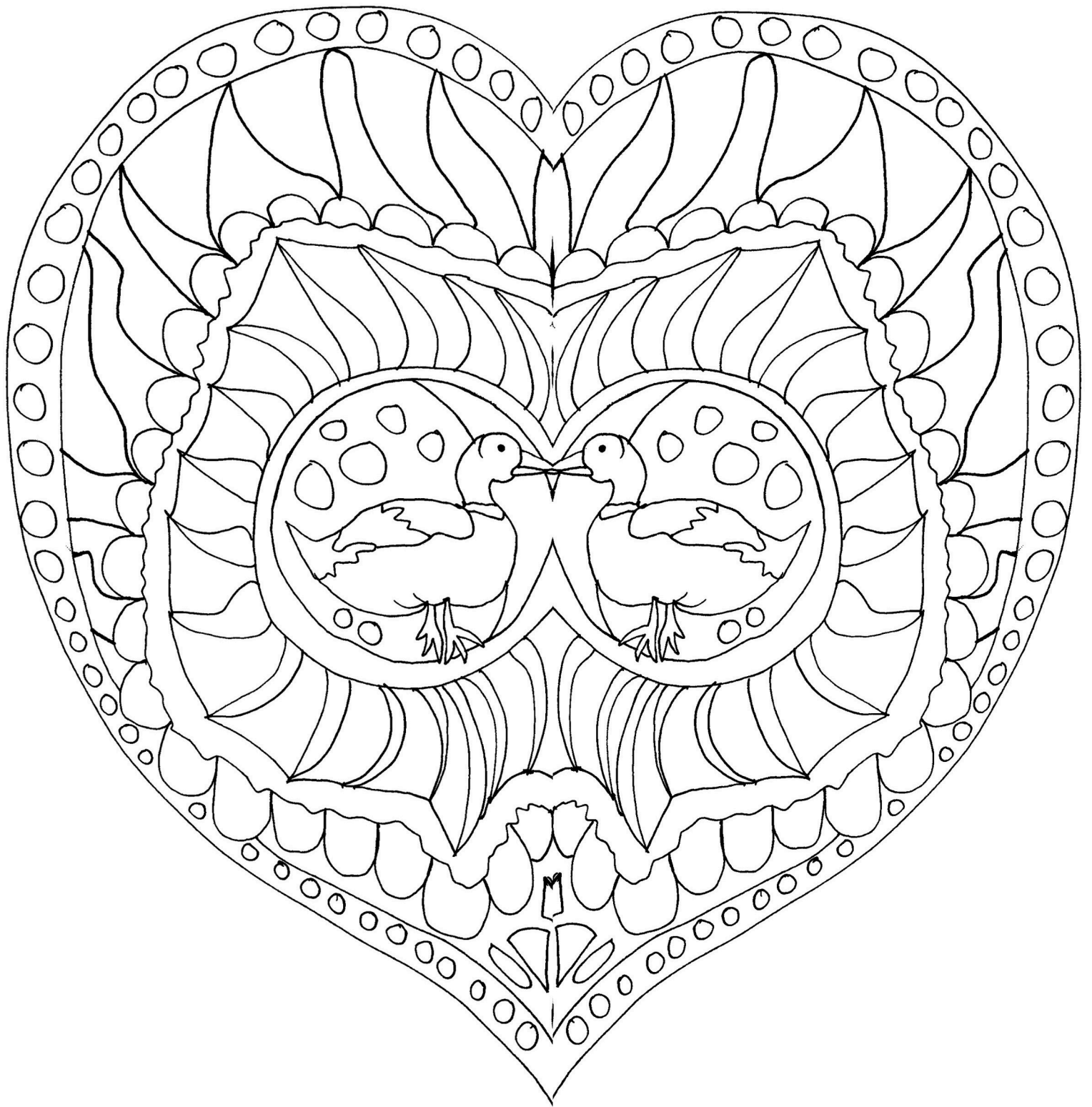
\_\_\_\_\_

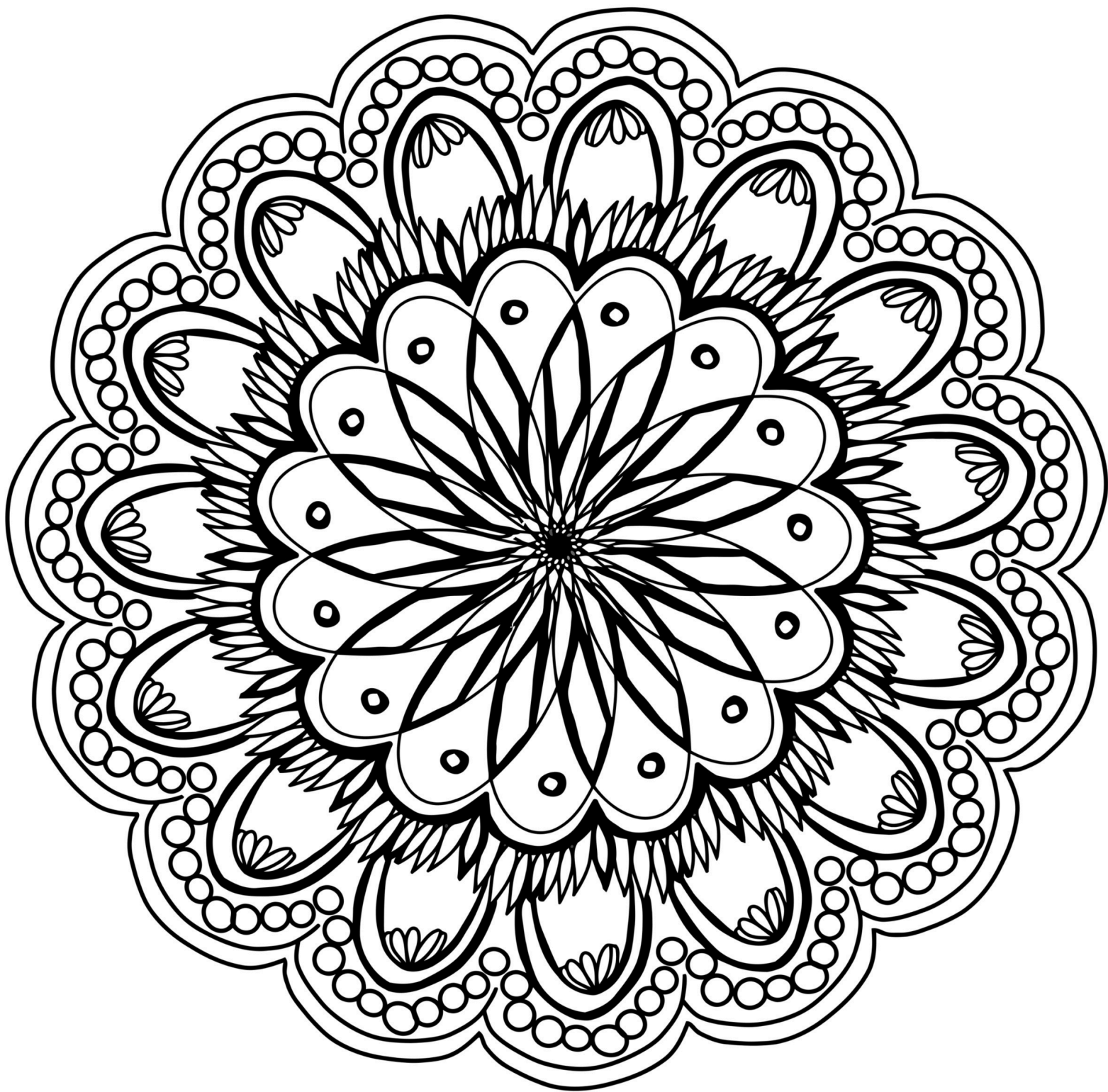
5. \_\_\_\_\_

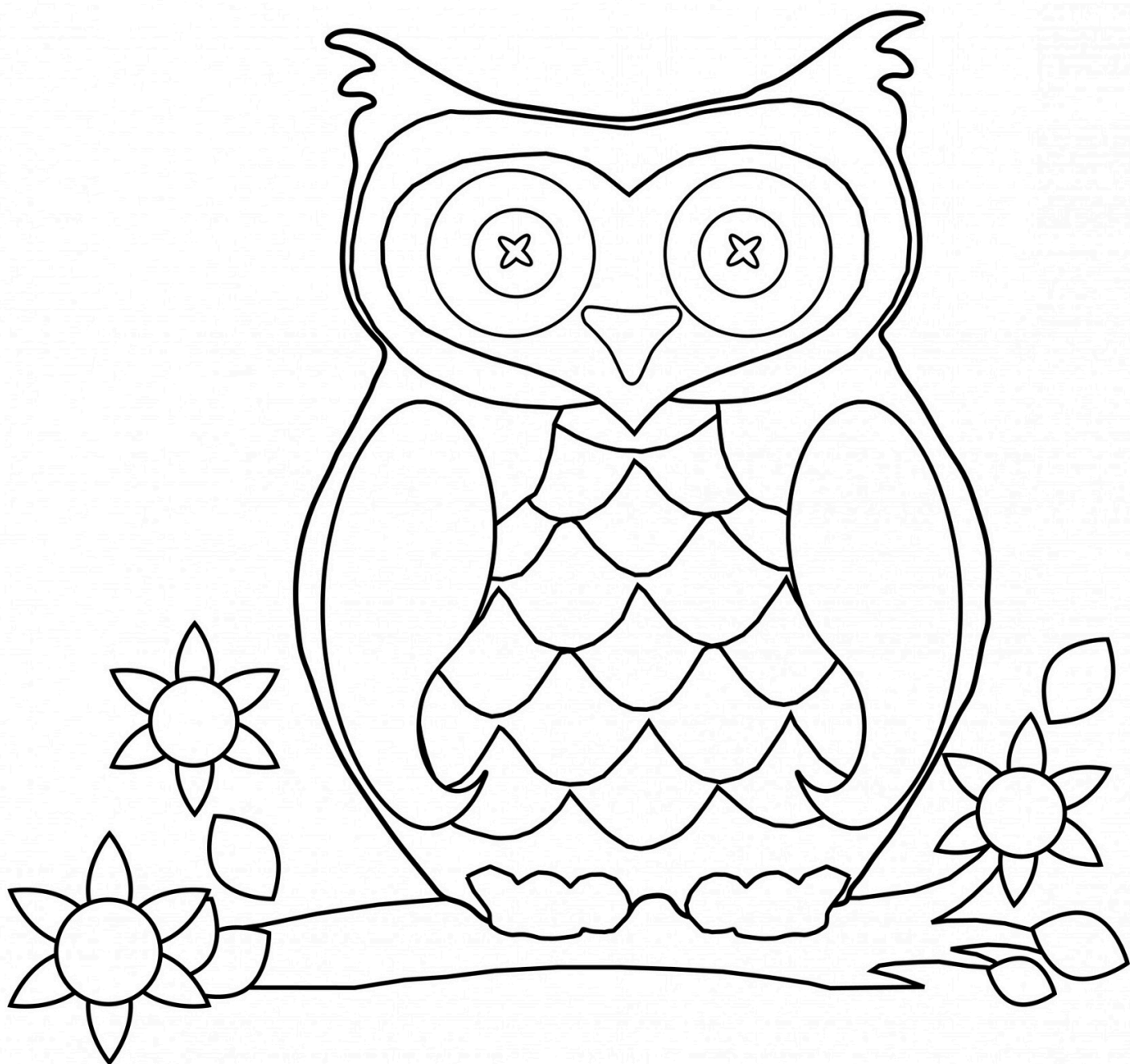
\_\_\_\_\_

\_\_\_\_\_

Much like other mindfulness activities, coloring directs our conscious attention away from ourselves and into the present moment. Take a break from your day and try out these coloring pages!







# Grief and Loss

We have experienced many losses during the past few years. Experiencing grief in response to losses is universal. Many people associate grief and loss with losing a loved one, but grief also occurs when we lose something that is valuable to us (for example the loss of connecting with friends and family in person). Grief is a common and natural response during this time of uncertainty and loss of the world as we know it. Recognizing, acknowledging, and expressing feelings in healthy ways will help to manage and to work through intense feelings of grief and loss.

## What is grief?

- Grief is a universal emotion
- Natural human response to loss
- Everyone's grief is unique
- No "right" way to grieve
- All losses are significant

## What can grief look like?

### Emotional

Sadness  
Guilt  
Fear  
Loneliness  
Anxious

### Physical

Low energy  
Restless  
Body Aches  
Sleep changes  
Change in appetite

# Coping with Grief

## **Physical Self-Care**

- Maintain routine
- Healthy diet
- Exercise daily
- Proper sleep
- Breathe fresh outdoor air

## **Emotional Self-Care**

- Recognize loss
- Acknowledge loss
- Express feelings honestly
- Give yourself time
- Breathe deeply
- Journal your feelings
- Engage in activities that bring you joy
- Receive and give support
- Connect socially (in-person, video, voice, email, text, social media, letter writing)

# Resources

## Community Engagement Team at AllHealth Network:

Provides trainings, wellness hours, and community events at no cost statewide:

- Email: [CET@allhealthnetwork.org](mailto:CET@allhealthnetwork.org)
- Website: <https://www.allhealthnetwork.org/services/community-engagement-team/>

## Suicide and Crisis Lifeline:

- Call or Text: 988
- Chat online: [www.988lifeline.org](http://www.988lifeline.org)

## I Matter

I Matter program can connect you with a therapist for up to six free virtual or in-person counseling sessions that are entirely confidential.

- Website: [www.imattercolorado.org](http://www.imattercolorado.org)

## 2-1-1 Colorado:

211 is a confidential, multilingual service that connects individuals to essential resources throughout the state.

- Call: 211
- Text your zip code: 898-211
- Website: [www.211colorado.org](http://www.211colorado.org)

## The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQIA+ young people.

- Call: 1-866-488-7386
- Text: 678-678
- Chat online: [www.thetrevorproject.org](http://www.thetrevorproject.org)

# AllHealth Network

For information on services or to make appointments:

- Email: [info@allhealthnetwork.org](mailto:info@allhealthnetwork.org)
- Call: (303) 730-8858
- Website: [www.allhealthnetwork.org](http://www.allhealthnetwork.org)

## AllHealth Network Walk-in Crisis Center

- Call Crisis Line: (303) 730-3303
- 6509 S Santa Fe Dr., Littleton, CO 80120
- Open 24/7, 365 days a year
- Mental health professionals provide crisis stabilization support over the phone or in person.
- A mental health crisis is defined by YOU. If you or a loved one need support, reach out or visit us.
- The Walk-In Crisis Center supports children, adolescents, young adults, families and adults. You will not be turned away for inability to pay.



Not sure what you need? Call the crisis line and talk to someone today.

Refer for services through  
our online portal by  
scanning this QR code.

