

August 2020

Wellness Facet 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Physical

Emotional

Social

Spiritual














Intellectual

Occupational

Environmental

Financial

Activities and Habits to consider

 Physical	 Emotional	 Social	 Spiritual	 Intellectual	 Occupational	 Environmental	 Financial
Drink a glass of water	Complete an unfinished task you've been putting off	Have a movie night with your family (Netflix Party is great if you don't live together)	Be mindful of the wonder around you. Stay as present as possible and focus on taking in the big picture	Take your book outside with you to get some Vitamin D, benefit from being in nature, and learn	Build a consistent routine to set clear work/life boundaries	Put together a DIY bouquet for your counter while savoring your environment	Finish what you have before spending more (e.g. books, craft supplies, etc.)
Get groceries without leaving the house, through your local grocery store, CSA, or Imperfect Foods	Relax outside; watch and listen to the birds	Remind your elderly neighbor(s) you're there for them	Try Ecotherapeutic Meditation	Watch a TED Talk	Download the Forest app to keep yourself focused, hydrated, help the planet, and move throughout the day.	Save water, and your plants	Evaluate (or set) your budget and do some short-term cost cutting
					 		

Small icons: These are *Power Plays* ! The small icons reference ancillary holistic wellness facets also impacted by this activity

Find more activity suggestions at <https://hartswell.org/tools/>