



September 2020

Don't be afraid to ask for help when you need it. I do that every day.

Asking for help isn't a sign of weakness, it's a sign of strength.

It shows you have the courage to admit when you don't know something, and to learn something new.

Barack Obama

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

Physical

Emotional

Social

Spiritual



















Intellectual

Occupational

Environmental

Financial

Activities and Habits to Consider this Month

 Physical	 Emotional	 Social	 Spiritual	 Intellectual	 Occupational	 Environmental	 Financial
Turn off the electronics. Get 8 hours of sleep.	Set a timer on your social media use for the day or limit it to certain hours	Video chat with friends and family you haven't touched base with in a while 	Write down 3 things you're grateful for	Take a virtual tour of a place you've been wanting to see 	Step up your internal communication game!	Switch up your laundry routine	Find new recipes for pantry staples 
Eat something nourishing	Spend some time learning How to Be with Uncertainty 	Share the Love. Support your friends' and community's small businesses 	Pay it forward 	Take a break for some mental engagement (e.g. Jigsaw puzzles, crossword puzzles, games, reading, writing) 	Looking for work? Network! 	Donate to food bank and consider supporting a local business, if you can 	Buy in Bulk 

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/>