Fall into Wellness Challenge
Fall 2019
Fall into Wellness Challenge
Information Packet & Wellness Workbook

What is the ‘Fall into Wellness’ challenge?
It’s back and it’s better than ever! We’ve revamped the longstanding program to include a broader meaning of wellness and healthy living. Rather than focusing on seven specific behaviors (as in previous years), Fall into Wellness will encompass ALL seven dimensions of wellness. In this 7-week program participants will track their healthy behaviors and activities, including behaviors and activities related to the 7 dimensions of wellness (social, emotional, spiritual, physical, environmental, occupational, and intellectual). All participants who complete the program (by submitting their total points) will receive a prize. The THREE participants with the most points will earn the grand prize.

Is registration required for this program?
YES, this program does require that you pre-register prior to participating. Registration for this program will open on Monday, September 16th and will close on Friday, September 27th. To register for this program, please fill out the registration form by clicking on “Register for the Fall into Wellness Challenge – Fall 2019” link that can be found under the ‘Long-Term Programs’ button.

When does the challenge begin and end?
The 7-week ‘Fall into Wellness’ challenge begins on Monday, September 30th and will end on Sunday, November 17th.

How do I earn points?
You will earn points by completing a variety of activities, reflections, and behaviors related to the seven dimensions of wellness. Each week of the program will be dedicated to one specific dimension (see below), and will include varied point values based on each respective task, behavior, or activity (as outlined in the Fall into Wellness Workbook - included in this packet). Think of the workbook as your personal journal - it’s for your eyes and your eyes only (unless of course you want to share with others).

Week 1 - Physical Wellness
Week 2 - Emotional Wellness
Week 3 - Intellectual Wellness
Week 4 - Social Wellness
Week 5 - Occupational Wellness
Week 6 - Environmental Wellness
Week 7 - Spiritual Wellness

How do I track my points and how do I submit my points at the end of the program?
You will be responsible for tracking your own points and can log/record your weekly points using your preferred recording method (i.e. journal, excel spreadsheet, writing directly on the wellness workbook etc.). We will send out an email to all challenge participants at the end of the 7-week challenge, asking participants to submit their weekly and total points. Participants should submit their points to Annalisa Mazza, at amazza2@springfield.edu, no later than Monday, November 25th.

Opt-in or opt-out...
As with all of our long-term programs or challenges, the ‘Fall into Wellness’ challenge is an honesty-based program. The workbook is comprised of several different means to earn points, however, you can choose to not complete various tasks or exercises if you don’t feel comfortable, or if you can’t find the time. Please keep in mind that if you choose to opt-out of the aforementioned tasks or exercises, you cannot earn points for those respective items.
Physical Wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits while avoiding destructive habits will help lead to optimal physical wellness.

- I exercised for 30-minutes, 5 days of the week (150 minutes total) this week. (5 points)

- I participated in group exercise classes (this can be at Springfield College, or another studio/gym - please include the class name and date) this week. (1 point per class - up to 5 points total)
  - ____________________________ (1 point)
  - ____________________________ (1 point)
  - ____________________________ (1 point)
  - ____________________________ (1 point)
  - ____________________________ (1 point)

- I consumed the recommended fluid/water intake at least 3 days out of the week. (3 points)
  - About 15.5 cups (3.7 liters) of fluids for men
  - About 11.5 cups (2.7 liters) of fluids a day for women

- Sleep is a vital indicator of overall health and well-being. As recommended by the National Sleep Foundation, I slept 7-9 hours, at least 3 days this week. (3 points)

- I ate a balanced diet, including a healthy variety of foods at least 3 days of the week (see “healthy diet” criteria below) (3 points)
  - The USDA recommends a diet that includes eating a variety of fruits, vegetables, whole grains, and fat-free or low-fat dairy products. This includes protein foods such as poultry, fish, beans, eggs, nuts, and lean meats and choosing foods that are low in saturated fats, sodium, and added sugars.

- I consumed alcohol in moderation, or I did not consume any alcohol this week. (1 point)

- I made an effort to prevent injuries by using seat belts, wearing helmets, and/or used other protection equipment. (1 point)

- List two ways in which you positively manage your stress? (2 points)
  - ____________________________
  - ____________________________
Emotional Wellness - A Reflective Worksheet

Being emotionally well is more than just handling stress. It involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Emotional wellness implies the ability to be aware of and accept our feelings, rather than deny them, and enjoying life despite its occasional disappointments and frustrations.

- Viewing other people with compassion and treating them with kindness is a hallmark of your own well-being. List 3 different occasions in which you treated people with kindness this week. (3 points)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)

- Name 3 traits or characteristics that you like about yourself. (3 points)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)

- Name one instance this week in which you were “flexible,” meaning you were able to adapt to a situation, surrounding, or emotion in a way that better served you. (1 point)
  - ___________________________________________

- Research has proved that showing appreciation for your loved ones is a key factor in relationship well-being. Name 2 ways in which you’ve shown your loved ones gratitude this week. (2 points)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)

- Name two things (or people) that give meaning to your life.
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)

- Name 3 life experiences that have significant meaning and value to you. (3 points)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)
  - ___________________________________________ (1 point)
Week 3: Intellectual Wellness  
(Monday, October 14th - Sunday, October 20th)

*Intellectual Wellness* is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others.

- List two ways in which you've been “creative” this week. (2 points)
  - __________________________________________________________ (1 point)
  - __________________________________________________________ (1 point)

- Do you have anyone in your life who challenges you intellectually? If yes, how so? (2 points)
  - __________________________________________________________
  - __________________________________________________________
  - __________________________________________________________

- Have you “read” for fun this week? If so, what are you reading and what was one takeaway?  
  (you can give yourself ‘1’ point for every documented book, article/publication, newspaper/magazine article, etc.)
  - Book: ______________________________________________________ (1 point)
    - Takeway: ________________________________________________
  - Article/Publication: ________________________________________ (1 point)
    - Takeway: ________________________________________________
  - Newspaper/Magazine: ______________________________________ (1 point)
    - Takeway: ________________________________________________

- List any new skills or newer hobbies that you’ve engaged in this week. (1 point)
  - __________________________________________________________

- Have you engaged in any leisurely activities this week? If so, give yourself a point for each of the following (up to 6 points total):
  - Played an instrument (1 point)
  - Played a game - board game, card game, online games, etc. (1 point)
  - Writing down your thoughts or journaling (1 point)
  - Crossword or sudoku puzzles (1 point)
  - Attended museums, exhibitors, or theatres (1 point)
  - Other: ____________________________________________________ (1 point)
Week 4: Social Wellness  
(Monday, October 21st - Sunday, October 27th)

If you are a person engaged in the process of social wellness, you see the value in living in harmony, seeking positive, independent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.

- THE SOCIAL WELLNESS CHALLENGE: If you haven’t done so already, make a plan to do one of the following with family/friends. If you’ve already engaged in one or more of these activities, give yourself a point for each and every activity!
  - Go to the gym, the park, or a fitness class (1 point)
  - Take up a hobby and find others who share your interest (1 point)
  - Plan a breakfast/lunch/dinner date (1 point)
  - Organize a “getaway” day or weekend (1 point)
  - Set a regular date night with your significant other (1 point)
  - Call an old friend from childhood, high school, or college to catch up (1 point)
  - Other: _________________________________________________________ (1 point)

- In what ways do you cultivate healthy relationships? (3 points)
  - ________________________________________________________________
  - ________________________________________________________________

- Have you (recently) gotten involved with your community, or engaged in a volunteer effort? If so, please describe your experience. If not, are there any opportunities of interest that you hope to pursue? (2 points)
  - ________________________________________________________________
  - ________________________________________________________________
  - ________________________________________________________________

- Name one relationship in your life that you could spend more time nurturing, and list why that particular relationship is meaningful or important to you. (2 points)
  - ________________________________________________________________
  - ________________________________________________________________
  - ________________________________________________________________
Week 5: Occupational Wellness
(Monday, October 28th - Sunday, November 3rd)

Occupational Wellness is the ability to achieve a balance between work and leisure time, addressing workplace stress and building relationships with co-workers.

- List two short-term occupational/career goals. (2 points)
  - ____________________________________________________________________
  - ____________________________________________________________________

- List two long-term occupational/career goals. (2 points)
  - ____________________________________________________________________
  - ____________________________________________________________________

- List two ways in which you feel that your career or occupation suits your personality, interests, and talents. (2 points)
  - ____________________________________________________________________
  - ____________________________________________________________________

- What is your personal philosophy on managing work-life balance? (2 points)

  - ____________________________________________________________________
  - ____________________________________________________________________
  - ____________________________________________________________________

- Name 3 of your greatest strengths, skills, or talents that positively contribute to your occupation/career. (3 points)
  - ____________________________________________________________________
  - ____________________________________________________________________
  - ____________________________________________________________________

- If you could explore any other career/occupation opportunities, what might they be? (1 point)
  - ____________________________________________________________________
Week 6: Environmental Wellness
(Monday, November 4th - Sunday, November 10th)

*Environmental Wellness* is the ability to recognize our own responsibility for the quality of the air, water, and land that surrounds us. The ability to make a positive impact on the quality of homes, communities, and the planet while understanding the negative effects of personal choices contributes to environmental wellness.

- This week, I made a conscious effort to spend time outdoors. If yes, give yourself one point. (1 point)

- List 2 ways that you actively try to conserve energy and other resources. (2 points)
  - ______________________________________________________________________
  - ______________________________________________________________________

- Give yourself one point for every task/item that you completed this week.
  - I turned off the faucet while brushing my teeth.
  - I shut off the television or lights when leaving the room.
  - I ate one meal that consisted of local foods.
  - I walked or rode my bike to a nearby location, rather than driving my vehicle.
  - I used natural or homemade cleaning products to clean my home.
  - I used reusable shopping bags.
  - I used a reusable water bottle.
  - I recycled different types of materials (plastic, aluminum, newspaper, cardboard, etc.)

- What do you perceive to be two of our greatest environmental threats? What can you do to help minimize these threats? (4 points)
  - ______________________________________________________________________
  - ______________________________________________________________________
  - ______________________________________________________________________
  - ______________________________________________________________________
Spiritual Wellness involves processing a set of guiding beliefs, principles, or values that help give direction to one’s life. It encompasses a high level of faith, hope and commitment to your individual beliefs that provide a sense of meaning and purpose. It is willingness to seek meaning and purpose in human existence, to question everything, and to appreciate the things which cannot be readily explained or understood.

- This week, I made a conscious effort to spend time alone. If yes, give yourself one point. (1 point)

- I purposefully set aside two separate times this week to relax and/or meditate. List the activities or exercises you engaged in to find a state of relaxation. (2 points)
  - ____________________________________________
  - ____________________________________________

- What are 3 of your most powerful, personal beliefs or values? (3 points)
  - ____________________________________________
  - ____________________________________________
  - ____________________________________________

- Reflect on a challenging time in your life that fostered personal growth and change. (3 points)
  - ____________________________________________
  - ____________________________________________
  - ____________________________________________