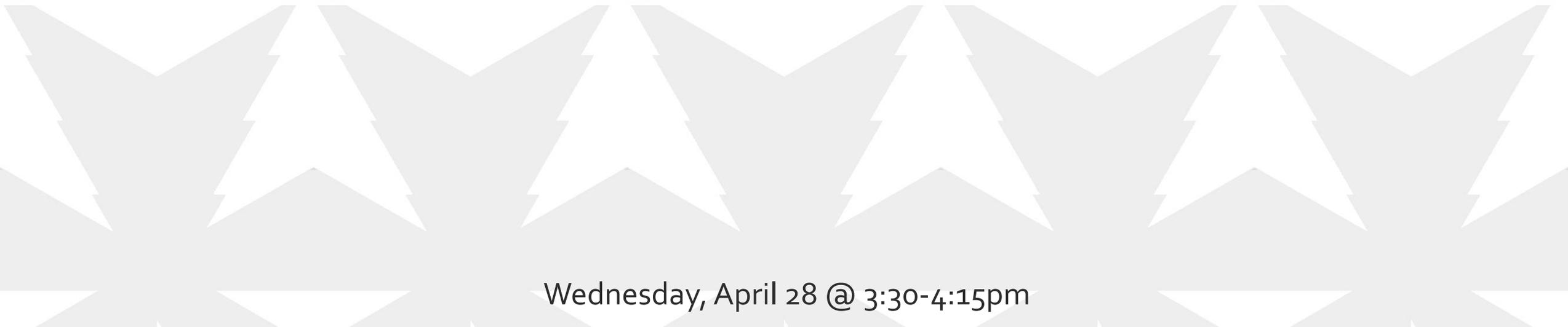




# PERSONAL WELLNESS

South Dakota Association of School Business Officials

Wednesday, April 28 @ 3:30-4:15pm



# INTRO

- Liz Marso RDN, LN
- Healthy Communities Coordinator for South Dakota Department of Health
  - 6 months 😊
- Registered Dietitian Nutritionist
- Time at DOH is split between 3 programs
  - Heart Disease and Stroke
  - Diabetes
  - Nutrition & Physical Activity (including Workplace Wellness)
- Prior experience: eating disorder nutrition, outpatient nutrition counseling, workplace wellness and school nutrition programs
  - Pierre School District Wellness Coordinator and Corporate Wellness co-facilitator at Innsbrook



SOUTH DAKOTA  
DEPARTMENT OF HEALTH

# AGENDA

- Discover the 8 Dimensions of Wellness
  - Assess, discuss, plan
- Wellness in the Workplace



A GOAL WITHOUT  
A PLAN IS  
JUST A WISH

# WELLNESS DIMENSIONS



# WELLNESS ASSESSMENT

- Assessment from University of Colorado.
- Adopted and shortened.
  - 10 questions to 5 per section
- Covers all 8 dimensions of wellness
- We will fill out each section before we discuss the details of the dimension.
- Scoring:
  1. Rarely, if ever.
  2. Sometimes
  3. Most of the time
  4. Always

**Assess Your Wellness**

In the following areas, give yourself a score of 1 - 4.  
1 - Rarely, if ever.      2 - Sometimes  
3 - Most of the time      4 - Always  
Then total your score for each section. Total possible points for each section is 20.



**PHYSICAL**

1. I exercise regularly.  
 2. I get 7-9 hours of sleep each night and feel rested in the morning.  
 3. I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)  
 4. I maintain healthy eating patterns that include fruits and vegetables.  
 5. I stay hydrated and drink water throughout the day.  
Total Score Out of 25

**EMOTIONAL**

1. I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities).  
 2. I am able to ask for assistance when I need it, either from friends and family, or professionals.  
 3. I feel good about myself and believe others like me for who I am.  
 4. I have a healthy relationship with social media.  
 5. I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage in a healthy way.  
Total Score Out of 25

**SPIRITUAL**

1. I take time to think about what's important in life - who I am, what I value, where I fit in, where I'm going.  
 2. I have a belief system in place (religious, agnostic, atheist, spiritual, etc.)  
 3. I have a sense of purpose in my life.  
 4. I am tolerant and accepting of the view of others.  
 5. I work to create balance and peace within my interpersonal relationships, community and the world.  
Total Score Out of 25

**MENTAL**

1. I seek personal growth by learning new skills.  
 2. I look for ways to use my creative and critical thinking skills.  
 3. I am open to new ideas.  
 4. I am eager to learn.  
 5. I stay informed about social, political and other current issues.  
Total Score Out of 25

**ENVIRONMENTAL**

1. I spend time outdoors enjoying nature.  
 2. I try to lessen my environmental impact (recycle, carpool, reuse etc.)  
 3. I am concerned about impacts on my local, national and world climate.  
 4. I feel content in my environments (class, home, work, etc.)  
 5. I shop locally.  
Total Score Out of 25

**SOCIAL**

1. I maintain a network of supportive friends, family and social contacts.  
 2. I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)  
 3. I have someone I can talk to about my feelings and struggles.  
 4. I give and take equally in my relationships.  
 5. I plan time with my family and friends.  
Total Score Out of 25

**FINANCIAL**

1. I am able to set and stick to a budget each month so I don't run out of money.  
 2. I pay my credit cards, tuition/fees and other bills on time.  
 3. I have a savings account and save money regularly.  
 4. I feel good about my current and future financial situation.  
 5. I check my bank statements/accounts each month.  
Total Score Out of 25

**OCCUPATIONAL**

1. I am able to balance work, play, school and other aspects of my life.  
 2. I take advantage of opportunities to learn new skills that can enhance my future opportunities.  
 3. I develop good work habits (dependability, initiative, etc.)  
 4. I interact positively with others.  
 5. I use my time effectively.  
Total Score Out of 25

**DO YOU NEED TO STRENGTHEN?**

Adapted from "Personal Assessment: 8 Dimensions of Wellness" from the University of CO, Boulder.



# WELLNESS TO-DO LIST



Wellness: Write it. Do it.



PHYSICAL
EMOTIONAL
SPIRITUAL
MENTAL
ENVIRONMENTAL
SOCIAL
FINANCIAL
OCCUPATIONAL

# FLOW OF THE 8 DIMENSIONS

For each of the 8 dimensions we will:



1. Assess Your Wellness



2. Discuss the Dimension



3. Inspire Examples



4. Write it. Do it



## Assess Your Wellness

In the following areas, give yourself a score of 1 - 4  
1 = Rarely, if ever    2 = Sometimes  
3 = Most of the time    4 = Always  
Then total your score for each section. Total possible points for each section is 20.



<b>PHYSICAL</b>
<input type="checkbox"/> 1. Exercise regularly.
<input type="checkbox"/> 2. I get 7-9 hours of sleep each night and feel rested in the morning.
<input type="checkbox"/> 3. I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)
<input type="checkbox"/> 4. I maintain healthy eating patterns that include fruits and vegetables.
<input type="checkbox"/> 5. I stay hydrated and drink water throughout the day.
Total Score Out of 20
<b>EMOTIONAL</b>
<input type="checkbox"/> 1. I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities).
<input type="checkbox"/> 2. I am able to ask for assistance when I need it, either from friends and family or professionals.
<input type="checkbox"/> 3. I feel good about myself and believe others believe for who I am.
<input type="checkbox"/> 4. I have a healthy relationship with social media.
<input type="checkbox"/> 5. I can express all ranges of feelings (e.g. hurt, sadness, fear, anger, joy, etc.) and manage in a healthy way.
Total Score Out of 20
<b>SPIRITUAL</b>
<input type="checkbox"/> 1. I take time to think about what's important in life - who I am, what I value, where I fit in, where I'm going.
<input type="checkbox"/> 2. I have a belief system (e.g. religious, agnostic, atheist, spiritual, etc.)
<input type="checkbox"/> 3. I have a sense of purpose in my life.
<input type="checkbox"/> 4. I am tolerant and accepting of the view of others.
<input type="checkbox"/> 5. I work to create balance and peace with my interpersonal relationships, community and the world.
Total Score Out of 20
<b>MENTAL</b>
<input type="checkbox"/> 1. I seek personal growth by learning new skills.
<input type="checkbox"/> 2. I look for ways to use my creative and critical thinking skills.
<input type="checkbox"/> 3. I am open to new ideas.
<input type="checkbox"/> 4. I am eager to learn.
<input type="checkbox"/> 5. I stay informed about social, political and other current issues.
Total Score Out of 20

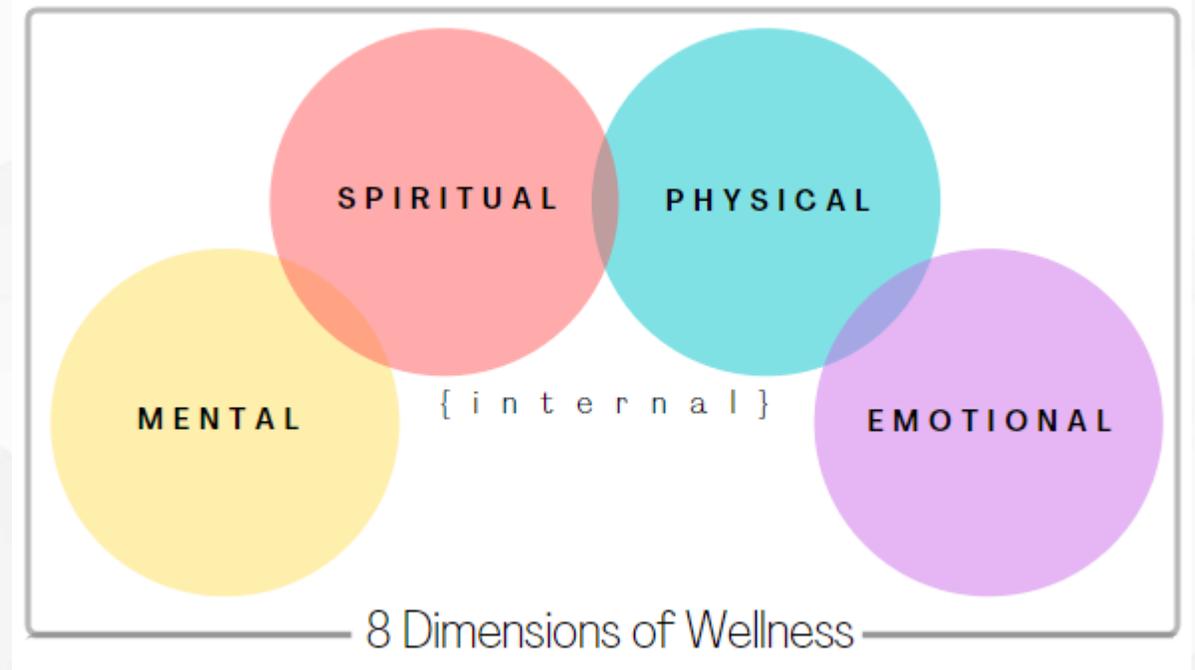
Wellness: Write it. Do it.



<b>PHYSICAL</b>
<b>EMOTIONAL</b>
<b>SPIRITUAL</b>
<b>MENTAL</b>
<b>ENVIRONMENTAL</b>
<b>SOCIAL</b>
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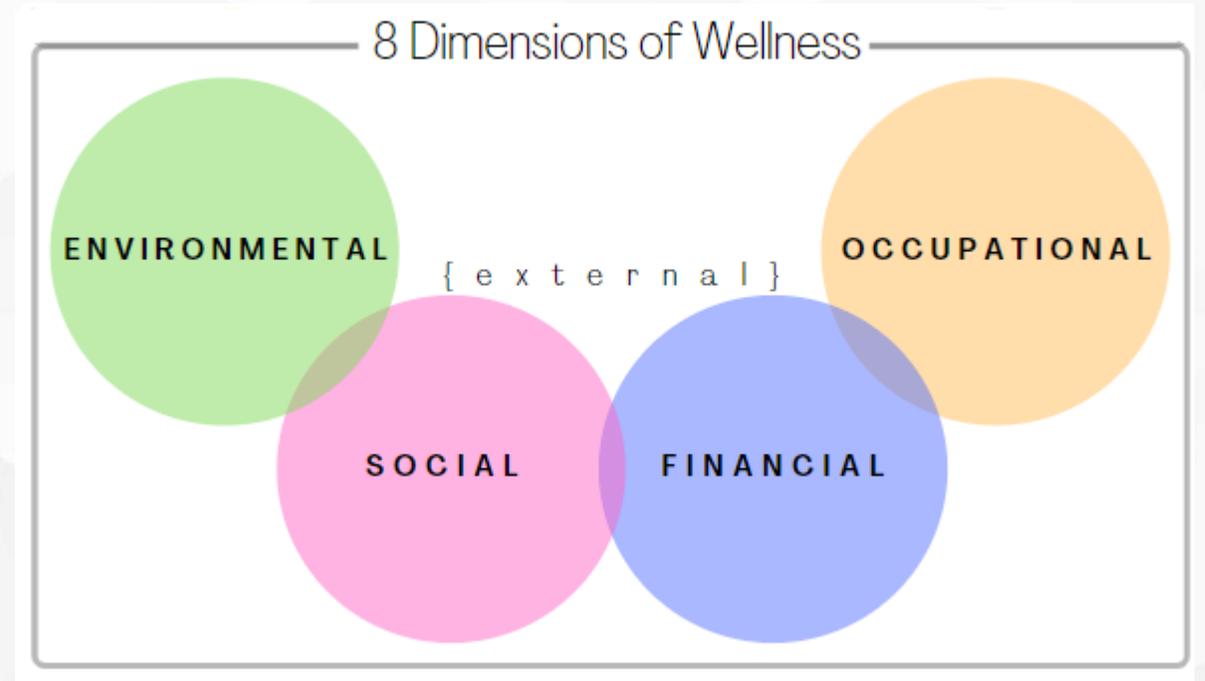
# INTERNAL WELLNESS DIMENSIONS

- These relate to your INTERNAL state of body, mind and spirit
- These occur within you



# EXTERNAL WELLNESS DIMENSIONS

- These relate to things EXTERNALLY to you
- How you interact with things externally to you





# PHYSICAL – ASSESS!

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## PHYSICAL

1. I exercise regularly.

2. I get 7-9 hours of sleep each night and feel rested in the morning.

3. I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)

4. I maintain healthy eating patterns that include fruits and vegetables.

5. I stay hydrated and drink water throughout the day.

Total Score Out of 25



# PHYSICAL - DISCUSS

- Internal
- Caring for your body to stay healthy
- Focusing not only on today but the future
- Understanding your genetics





# PHYSICAL WELLNESS EXAMPLES

## Physical Activity

- Walk 2 miles 3 times per week
- Stand at your desk for 3 hours/day
- Add weight training to your exercise routine 2x/week

## Nutrition

- Reduced added sugar by choosing zero calorie beverages
- Choose whole grains instead of refined
- Create a meal plan and corresponding grocery list weekly
- Cook more at home; eat out less than 2 times per week

## Other

- If overweight, make a plan with doctor or dietitian
- Track food intake 4 days per week
- Commit to tobacco quit line program

Wellness: Write it. Do it.



PHYSICAL



WRITE IT!

EMOTIONAL

SPIRITUAL

MENTAL

ENVIRONMENTAL

SOCIAL

FINANCIAL

OCCUPATIONAL

# EMOTIONAL - ASSESS



In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## EMOTIONAL

1. I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities,)

2. I am able to ask for assistance when I need it, either from friends and family, or professionals.

3. I feel good about myself and believe others like me for who I am.

4. I have a healthy relationship with social media.

5. I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage in a healthy way.

Total Score Out of 25



# EMOTIONAL - DISCUSS

- Internal
- Understanding your emotions
- Having empathy
- Managing your emotions
- Feeling positive about your life





# EMOTIONAL WELLNESS EXAMPLES

- Mindfulness
  - Practice deep breathing for 5 minutes 5 days/week
  - Keep a gratitude journal daily
- Stress
  - Practice prioritizing by writing daily to-do list
  - See therapist 1x/month
  - Join gardening (or any hobby) group
- Sleep
  - Create bedtime routine and follow 4 days/week
  - Shut electronics off 1 hour before bed
  - Read 15 minutes before bed

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL



WRITE IT!

SPIRITUAL

MENTAL

ENVIRONMENTAL

SOCIAL

FINANCIAL

OCCUPATIONAL



# SPIRITUAL - ASSESS

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## SPIRITUAL

1. I take time to think about what's important in life – who I am, what I value, where I fit in, where I'm going.

2. I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).

3. I have a sense of purpose in my life.

4. I am tolerant and accepting of the view of others.

5. I work to create balance and peace within my interpersonal relationships, community and the world.

Total Score Out of 25



# SPIRITUAL - DISCUSS

- Internal
- Finding your purpose and meaning in life
- Understanding your beliefs and values





# SPIRITUAL WELLNESS EXAMPLES

- Explore Self
  - Journal daily in writing prompt journal
- Express Self
  - "How are you? I am good and you?"
- Engage Self
  - Over the next 3 months go to 4 different churches or places of spiritual influence
  - Pray with kids before bed daily
  - Volunteer at food pantry monthly to connect to community

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

SPIRITUAL



WRITE IT!

MENTAL

ENVIRONMENTAL

SOCIAL

FINANCIAL

OCCUPATIONAL



# MENTAL - ASSESS

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## MENTAL

1. I seek personal growth by learning new skills.

2. I look for ways to use my creative and critical thinking skills.

3. I am open to new ideas.

4. I am eager to learn.

5. I stay informed about social, political and other current issues.

Total Score Out of 25



# MENTAL - DISCUSS

- Internal
- Sometimes called intellectual wellness as it can be confused with mental health
- Maintaining curious mind
- Commitment to lifelong learning
- Expanding knowledge and sharing your skills





# MENTAL WELLNESS EXAMPLES

- Read 1 book per month
- Engage in healthy debates with friends and family
- Play Gin Rummy with neighbor every Tuesday
- Download “Word of the Day” app
- Practice Spanish 1 hour per day
- Play piano 15 minutes twice per week
- Do sudoku/crossword puzzle before bed

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

SPIRITUAL

MENTAL



WRITE IT!

ENVIRONMENTAL

SOCIAL

FINANCIAL

OCCUPATIONAL



# ENVIRONMENTAL - ASSESS

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## ENVIRONMENTAL

1. I spend time outdoors enjoying nature.

2. I try to lessen my environmental impact (recycle, carpool, reuse etc)

3. I am concerned about impacts on my local, national and world climate.

4. I feel content in my environments (class, home, work, etc.).

5. I shop locally.

Total Score Out of 25



# ENVIRONMENTAL - DISCUSS

- External
- Understanding how your actions effect the environment
- Understanding how your environment effects your health
- Demonstrating commitment to healthy planet





# ENVIRONMENTAL WELLNESS EXAMPLES

- Healthy Home
  - Use non-toxic cleaning products when cleaning every other week
  - Participate in monthly declutter calendar
  - Wash bedding 1 time/week
- Weather & Air
  - Switch face moisturizer to one with an SPF
  - Keep cold weather emergency box in car
  - Take allergy meds daily
- Planet
  - Use reusable coffee cup and water bottles daily
  - Ride bike to work twice a week
  - Use up plastic sacks instead of buying small trash bin bags

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

SPIRITUAL

MENTAL

ENVIRONMENTAL



WRITE IT!

SOCIAL

FINANCIAL

OCCUPATIONAL



# SOCIAL - ASSESS

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## SOCIAL

1. I maintain a network of supportive friends, family and social contacts.

2. I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)

3. I have someone I can talk to about my feelings and struggles

4. I give and take equally in my relationships.

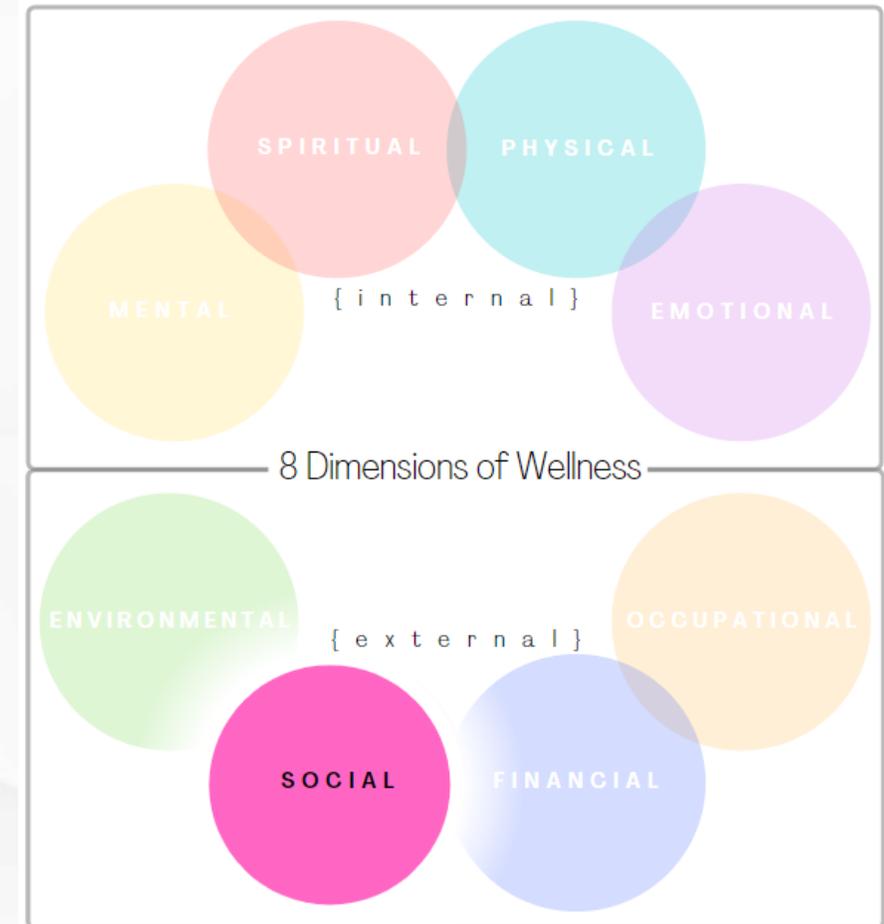
5. I plan time with my family and friends.

Total Score Out of 25



# SOCIAL - DISCUSS

- External
- Maintaining relationships, enjoying being around others, developing friendships and intimate relationships
- Caring about others and accepting other peoples care toward you
- Contributing to your community





# SOCIAL WELLNESS EXAMPLES

- Family & Kids
  - Spend 15 minutes reading books with kids before bed
  - I will start "Peak and Pit" with my kids
  - Set family's screen time to less than 2 hours per day
- Make Connections
  - Join the running club and go 1 time per week
  - Participate in monthly neighborhood grill out
- Build Healthy Relationships
  - Commit to share feelings with partner when upset
  - Ask for what I need rather than expect recipient knows
  - Expect respect
  - Actively listen to significant other when having important conversations

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

SPIRITUAL

MENTAL

ENVIRONMENTAL

SOCIAL



WRITE IT!

FINANCIAL

OCCUPATIONAL



# FINANCIAL - ASSESS

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## FINANCIAL

1. I am able to set and stick to a budget each month so I don't run out of money.

2. I pay my credit cards, tuition/fees and other bills on time.

3. I have a savings account and save money regularly.

4. I feel good about my current and future financial situation.

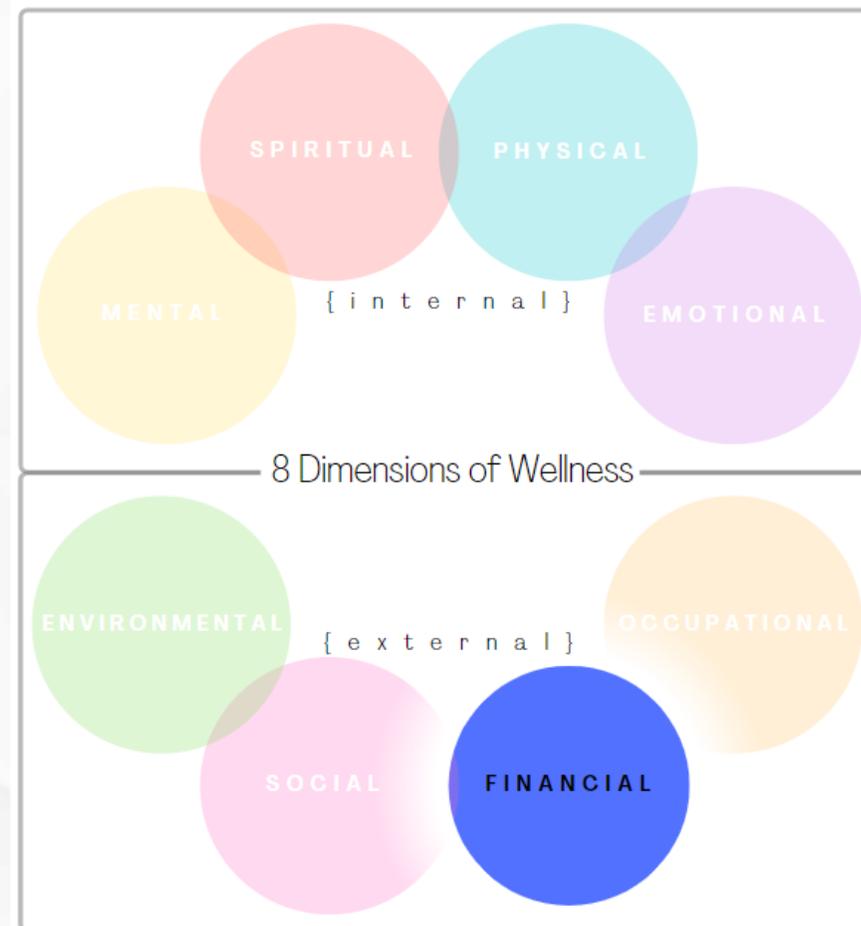
5. I check my bank statements/accounts each month.

Total Score Out of 25



# FINANCIAL - DISCUSS

- External
- Managing resources to live within your means
- Make informed financial decisions and investments
- Setting goals to prepare for short- and long-term stability
- Being aware that everyone's financial values and circumstances are unique





# FINANCIAL WELLNESS EXAMPLES

- Earn
  - Take second job for 3 months to pay off renovation
- Save & Invest
  - Save emergency fund for 6 months living expenses
  - Consult with investment professional and save for retirement every paycheck
- Protect
  - Monitor credit card/debit cards online monthly to ensure no fraudulent spending
- Spend
  - Create a monthly budget
  - Track receipts in spending app daily
- Barrow
  - Set up for automatic bill pay to avoid late fees
  - Shop around for lowest interest rate if you need to barrow

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

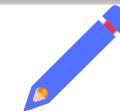
SPIRITUAL

MENTAL

ENVIRONMENTAL

SOCIAL

FINANCIAL



WRITE IT!

OCCUPATIONAL



# OCCUPATIONAL - ASSESS

In the following areas, give yourself a score of 1 - 4.

1 = Rarely, if ever

2 = Sometimes

3 = Most of the time

4 = Always

## OCCUPATIONAL

<input type="text"/>

1. I am able to balance work, play, school and other aspects of my life.

2. I take advantage of opportunities to learn new skills that can enhance my future opportunities.

3. I strive to develop good work habits (dependability, initiative, etc.). 1

4. I work effectively with others.

5. I manage my time effectively.

Total Score Out of 25



# OCCUPATIONAL - DISCUSS

- External
- Sometimes called vocational wellness
- Participating in work that gives you personal satisfaction that is consistent with your values, goals and lifestyle
- Contributing your talents to make work feel meaningful and rewarding



# OCCUPATIONAL WELLNESS EXAMPLES

- Are these statements true?
  - I am happy with my career or job choice.
  - I look forward to work.
  - My job responsibilities and duties are consistent with my values.
  - My job gives me personal satisfaction and stimulation.
  - I am happy with the professional and personal growth opportunities in my career/job.
  - I feel my job allows me to make a difference in the world.
- Openly discuss my work issues with supervisor at monthly meeting
- Participate in trainings to expand skills
- Asking for feedback – annual performance review
- Complete my daily shutdown routine daily
- Engage in work related social events to create work relationships

Wellness: Write it. Do it.



PHYSICAL

EMOTIONAL

SPIRITUAL

MENTAL

ENVIRONMENTAL

SOCIAL

FINANCIAL

OCCUPATIONAL



WRITE IT!

# YOUR WELLNESS ADVENTURE

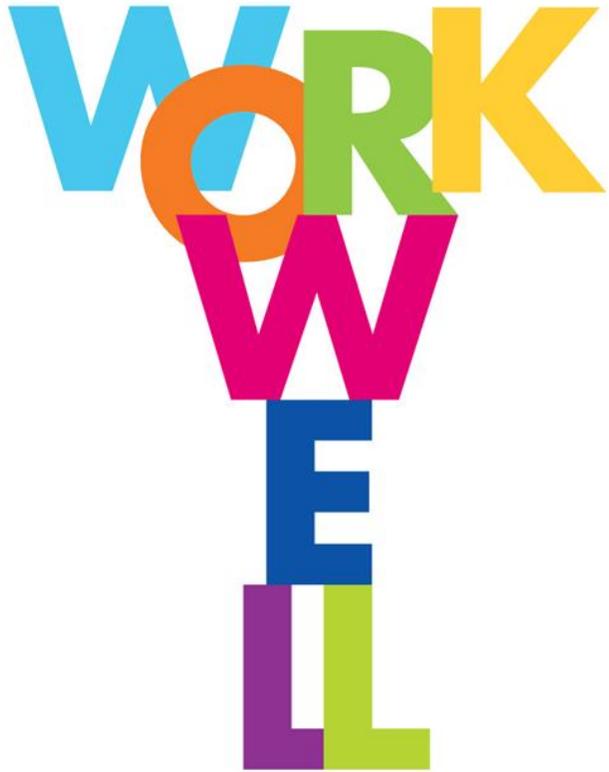
- Glance back through your worksheet and rank your list 1-8 by priority.
  - 1 being the goal you want to start today.
  - 8 the one you need more time to think through or prepare for.

Wellness: Write it. Do it.

The worksheet is titled "Wellness: Write it. Do it." and features a logo for "WELLNESS HEALTH" in the top right corner. The logo consists of a stylized 'H' with a colorful circular graphic above it. The worksheet is divided into eight horizontal sections, each labeled with a wellness category in a different color: PHYSICAL (blue), EMOTIONAL (purple), SPIRITUAL (red), MENTAL (yellow), ENVIRONMENTAL (green), SOCIAL (pink), FINANCIAL (teal), and OCCUPATIONAL (orange). Each section is a blank space for writing.

PHYSICAL
EMOTIONAL
SPIRITUAL
MENTAL
ENVIRONMENTAL
SOCIAL
FINANCIAL
OCCUPATIONAL

# WORKSITE WELLNESS



**LIVING HEALTHY WORKS.**

**GOOD&HEALTHY SOUTH DAKOTA WORKPLACES**

**Enid Weiss, BS**

WORKSITE WELLNESS COORDINATOR

Email: [eweiss@bhssc.org](mailto:eweiss@bhssc.org)

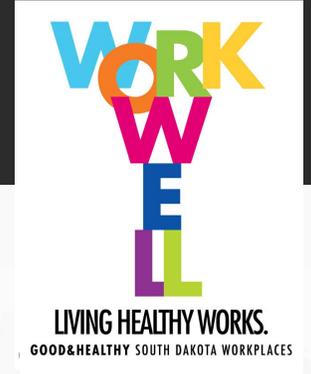
Phone: 605.868.8118

PO Box 1840, Watertown, SD 57201

Black Hills Special Services Cooperative (BHSSC)

Better Learning · Better Lives

# WORKWELL GRANT OPPORTUNITY



- Award up to \$2,000
- Any workplace is eligible
- Just closed (usually opens February), but has been annual for 10 years
- Looking to implement health-related policy and environmental change

Nutrition Interventions	Activity Interventions	Tobacco Interventions	Heart Disease and Stroke Interventions
Healthy foods @ meetings	Install bike racks	Tobacco Free Business	AED Training
Healthier vending	Worksite fitness room	Smoking Quit Kits	Blood pressure program
Breastfeeding support	Fitness challenges		
Weight loss challenge			

# WORKSITE WELLNESS TOOLKIT

<https://goodandhealthysd.org/workplaces/>



**LIVING HEALTHY WORKS.**

GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

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# WORKWELL SUMMIT

## KEYNOTE SPEAKER

MARI RYAN  
MBA, MHP, CWP



Mari Ryan is a worksite well-being strategist, award-winning author, and speaker. For more than a decade, Ms. Ryan has been creating businesses and impacting the lives of employees, through her consulting work and speaking on worksite well-being. Mari earned a bachelor's degree from Lesley University, an MBA from Boston University, a master's degree in Health Promotion from Nebraska Methodist College, and is a certified Worksite Wellness Consultant. Mari is a professional member of the National Speakers Association and a Certified Virtual Presenter and is the author of the award-winning book "The Thriving Hive: How People-Centric Organizations Ignite Engagement and Fuel Results".



LIVING HEALTHY WORKS.

GOOD&HEALTHY SOUTH DAKOTA WORKPLACES



## WORKWELL Partnership Summit: Engaging the Workforce in Times of Change

Tuesday, September 14, 2021  
Virtual Summit

[Check back soon for registration details!](#)

### Keynote Session: Creating the Workplace of the Future in a Changing World

The workplace today has evolved rapidly. Today, the lines between work and life are incredibly blurred. Join this ideation session to be a futurist and design a workplace of the future — beyond COVID-19! How do we take advantage of the disruption created by COVID-19 and create a workplace vision that has well-being as a foundational element?

The session will review how the role of people management, technology, and social trends impact the workplace and the workforce of the future. The world of change opens the door to implementing new ideas!

#### Who should attend:

- Human resource professionals
- Health promotion committee members
- Benefits managers
- Health education staff
- Healthcare providers
- Health promotion coordinators
- Building facilities managers
- Public health students

# SCHOOL WELLNESS EXAMPLE - GOVWELL

- Pierre School District was awarded the WorkWell grant in 2018
- In years following the PSD continued the activities
- Each school building had a staff or 2 that wanted to assist in activities. School nurse or teacher or staff passionate about wellness
- GovWell Details
  - Weekly To-Do
  - Monthly Newsletter
  - Monthly GovWell Points
  - Quarterly Challenges



# SCHOOL WELLNESS EXAMPLE - GOVWELL



- The Weekly To Do
  - Set up time-delay emails to send out a weekly small step for people to incorporate.



**Try 4-7-8 Breathing**

HELPS REDUCE STRESS, CRAVINGS AND ANGER. HELPS RELAXATION AND SLEEP.

1. BREATHE IN THROUGH NOSE FOR 4 SECONDS
2. HOLD BREATH FOR 7 SECONDS
3. EXHALE FORCEFULLY THROUGH PURSED LIPS FOR 8 SECONDS
4. REPEAT 4 TIMES

\*IF 4-7-8 SECONDS IS TOO LONG, SHORTEN THE SEGMENTS BUT KEEP THE RATIO.

SEPTEMBER 23-29

**MONTHLY & HOLIDAY BUDGET**  
Nov 4 - 10

**Monthly Budget Should Include:**

1. Income
2. Fixed expenses
3. Month specific expenses
4. Savings
5. Zero balance

**Holiday**

1. Identify expenses: gifts, treats, food, clothing, travel, holiday decor, charitable offerings, holiday photos/cards
2. Who will you buy gifts for and how much will you spend: family, friends, co workers, teachers etc
3. Keep receipts, track spending, stick to budget.

Other Tips:

1. Create a holiday account and have money set aside automatically (will help for next year)
2. Gift practical items or items people (kids) need.
3. Get creative - use talents to make gifts.
4. Regift - no one has to know!
5. Suggest drawing names instead of buying for everyone.

SEPTEMBER 23-29

**TRACK YOUR EXPENSES FOR THE WEEK** (and beyond)

USE AN APP OR PEN AND PAPER AND TRACK EVERY LITTLE THING. ANALYZE WHAT YOU CAN GIVE UP.

NOV 11-17

**PHONE A FRIEND**

GIVE YOUR FINGERS A REST. CALL, DON'T TEXT.

8 Reasons We Need to Go Back to the Call

- Phone call is real time
- Getting unfiltered on honest
- Clear you are giving your time
- Clear you value their time
- Hearing voice is special
- Wonderfully old-school
- No way to be misunderstood
- Conversation is just between 2 people

DEC 9 - 15

**UNPLUG & SIT FOR 1 FULL HOUR**

STUDIES INDICATE SOME MOBILE DEVICE OWNERS CHECK THEIR DEVICES EVERY 6.5 MINUTES. TAKE TIME TO BE HERE, NOW.

SEPTEMBER 16 - 22

**COMPLETE A PUZZLE**

JIGSAW, CROSSWORD, SUDOKU, WORD SEARCH!

NOT ONLY DO PUZZLES IMPROVE MEMORY, PROBLEM SOLVING SKILLS, VISUAL-SPATIAL REASONING AND IQ, BUT THEY ALSO DELAY DEMENTIA, INCREASE PRODUCTIVITY AND REDUCE STRESS!

PARENT TEACHER CONFERENCE WEEK CAN BE STRESSFUL. TAKE A QUICK PUZZLE BREAK DURING YOUR DAY TO REBOOST.

Try this online word search site!

OCTOBER 7 - 13

**Work Life Balance**  
Oct 21 - 27

**Set goals & priorities**

- Make a list of your work goals/tasks for the week and a list of personal goals/tasks.
- Prioritize them.
- Block out time to complete them.

**Set boundaries & hours**

- Make the most of your time & be present.
- If you are at work, be there.
- If you are at home, be there.
- Reduce the amount of emails you check from home.

OCTOBER 7 - 13

**NO SPENDING WEEK**

A week might be a stretch but if you need to stretch your budget then you need to stretch yourself. Outside of fixed expenses, can you leave your wallet at home? Preparing for Thanksgiving might make this challenging, so make your list and go to the store once. Refrain from going multiple times. If a week seems unbearable, choose a day or two.

NOV 18 - 24

**GO MEATLESS 1 TIME PER WEEK**

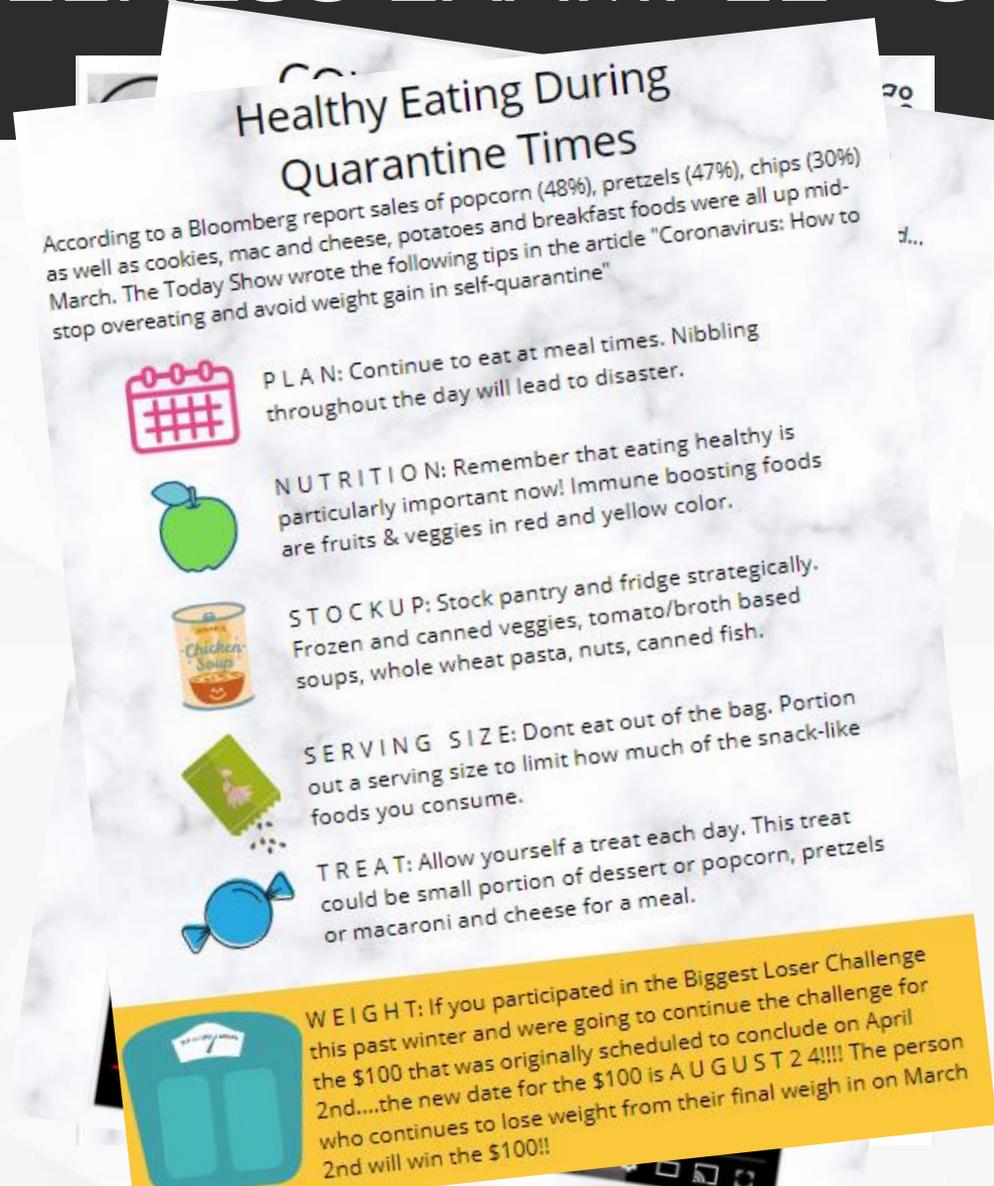
Going vegetarian just one day per week is not just subtracting from your diet but adding to it! Eating more whole grains, beans and lentils and vegetables offers many health benefits.

CHECK OUT THESE "VEGETARIAN RECIPES THAT MEAT EATERS WILL LOVE"

JAN 13 - 17

# SCHOOL WELLNESS EXAMPLE - GOVWELL

- Monthly Newsletters
  - Current topic
  - Health promotion months
  - Healthy recipe
  - Archive for past resources
  - Challenge announcements



# SCHOOL WELLNESS EXAMPLE - GOVWELL

- Monthly GovWell Points
  - The daily little things are really make up wellness
  - Those who entered were put into a drawing for \$5 gift card
  - Excel file entered into Google form



	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U
1	<b>GovWell Point Activities</b>																				
2	<b>Health: Physical Activity</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
3	Aerobic fitness class																				
4	Aerobic Equipment (tread/bike/stairstep)																				
5	Yoga/Pilates class																				
6	Weight lifting																				
7	Body weight plyometrics/HIT																				
8	Bike ride																				
9	Walk or hike																				
10	Run/jog																				
11	Swim																				
12	Team sport																				
13	Personal training																				
14	10,000 steps per day																				
15	Clean house, yard work, shovel snow																				
16	<b>Health: Nutrition</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
17	Meatless meals																				
18	2 Fruit servings per day																				
19	3 Veggie servings per day																				
20	64 oz water per day																				
21	Track/log food intake																				
22	Sleep >7 hours per night																				
23	Tobacco free day (for those quitting)																				
24	<b>Health: Body</b>	1																			
25	Weigh yourself																				
26	Wear																				
27	Complete teeth cleaning																				
28	Complete annual physical																				
29	Receive flu shot																				
30	Check cholesterol, blood sugar																				
31	Write monthly meal plan																				
32	<b>Soul: Spiritual, Emotional, Social</b>	1																			
33	Read daily devotional, thought of the day																				
34	Write daily gritudes																				
35	Send 3 thank you cards																				
36	Practice daily meditation																				
37	Make donation to charity																				
38	Ask for help/support																				
39	Self care activity (message, haircut etc)																				
40	Donate blood																				
41	Plan a date night																				
42	Guys night / Ladies night																				
43	Join/attend team or club																				
44	"Unplug" this month at dinner																				
45	Do outdoor activity																				

<b>Mind: Occupational, Environmental,</b>	1
View work related webinar	
Write out your work goals for month	
Perfect attendance this month	
Attend training	
Do puzzle (jigsaw, crossword, sudoku)	
Complete a book	
Deep clean your home	
Carpool to work	
Recycle @ home (cans, plastic, paper)	
Volunteer for a cause	
Create a monthly budget	
Track your spending	
Meet with financial advisor	

Weekly Mini Challenges: I completed this many:

Total Points: \_\_\_\_\_

You can use this form or the calendar to track your points. Then you must follow the link to submit them at the end of the month.



# SCHOOL WELLNESS EXAMPLE - GOVWELL

## ▪ Fitness Challenge

### 20 Minute Challenge

Its recommended that adults should get 150 minutes of aerobic exercise per week. This is about 20 minutes per day.

Are you ready for a challenge? You choose your challenge!  
Please submit for only one or the other, not both.

#### 150 Mins-2-Win

Starts March 30th  
Ends May 9th (PSD 5k!)

Complete 150 minutes of aerobic activity per week

Should be exercise that gets your heart rate up for short bouts

Enter the total weekly minutes into google form weekly

Ideas:

- Jog
- High Intensity Interval Training
- Team sports
- Tabata workouts
- Start a group after schools with other teachers using online workouts or resources
- The ClassPass App or

[https://www.bodbot.com/Workout\\_Generator.html](https://www.bodbot.com/Workout_Generator.html)

#### Daily Mile

Starts March 30th  
Ends May 9th (PSD 5k!)

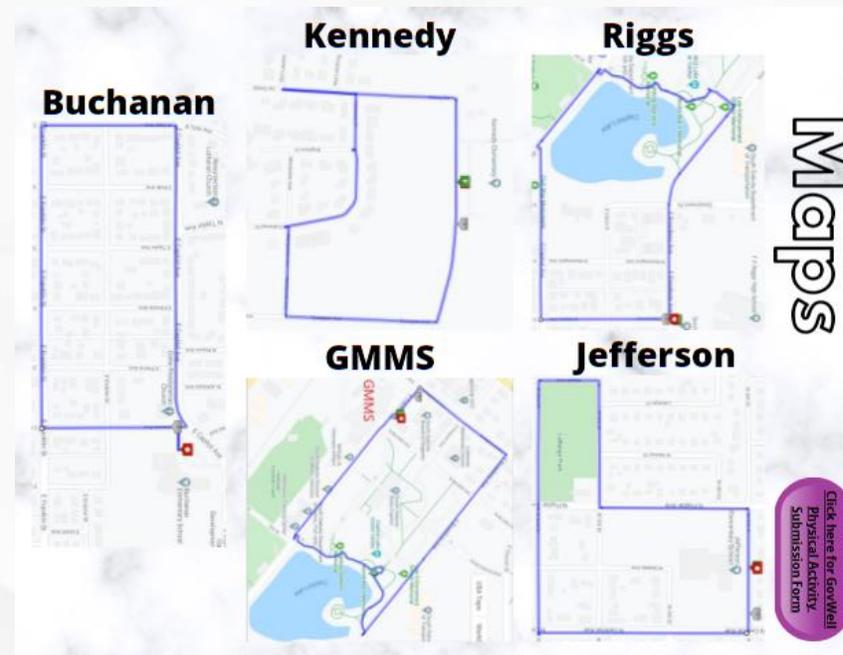
Complete 1 mile per day, everyday or as many days a possible. Cannot use miles from previous days to count on days you did not walk

Could be your schools route on following page, at the track or any other mile route

Enter the days you completed the mile in the weekly google form

Ideas:

- Find a route around your house using [www.mapmyrun.com](http://www.mapmyrun.com)
- Use the maps on the following page to walk around your building
- Get a group together from your building to commit to walking daily after school
- Commit to a daily mile after dinner



### GovFit Classes Schedule 3:45 - 4:30

JAN 15 - YMCA

FEB 12 - Barre

MAR 11 - Anytime

APR 8 - Hero Gym

# SCHOOL WELLNESS EXAMPLE - GOVWELL

- Water Challenge



## Water Challenge

March 16-25 is Water Challenge Week! Choose any 7 days in this 10 day period to complete this page of the newsletter and send it to me for your chance at a \$10 Chops gift card. Since most people don't drink the minimum 64 oz per day the challenge will focus on that number. If you would like to go above and beyond (1/2 - 1 oz per pound body weight) then by all means go for it!

Day 1: \_\_\_\_\_  8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

Day 2: \_\_\_\_\_ 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

Day 3: \_\_\_\_\_ 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

Day 4: \_\_\_\_\_ 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

Day 5: \_\_\_\_\_ 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

Day 6: \_\_\_\_\_ 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

Day 7: \_\_\_\_\_ 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

**What counts?**  
Anything fluid counts toward your water (fluid) intake. Milk, herbal tea, seltzer water and of course water. Even sources like diet soda, coffee, juice count although stick to 8-16 ounces per day from these sources. It was once thought that caffeinated beverages were dehydrating but this has been debunked.

**Tips to Increase**

- Drink full glass before breakfast, before you leave for the day.
- Get an app on your phone that reminds you.
- Mark the ounces on your water bottle.
- Flavor with fruit and/or herbs or use a couple squirts of the Stevia flavorings.

**60% OF YOUR BODY IS MADE OF WATER!**



# SCHOOL WELLNESS EXAMPLE - GOVWELL

- Biggest Loser Challenge

<b>BIGGEST LOSER CHALLENGE</b>	January 20th - March 2nd	<b>3.0%</b>  Average % body weight participants lost during 2018-2019 Biggest Loser Challenge!!
	<p><b>How to play:</b></p> <p>Come up with an alias name. Create your Biggest Loser Goals. Work on those goals daily. Weigh in each week. (1st &amp; Last week required to win)</p> <p><b>Win:</b></p> <ul style="list-style-type: none"><li>- Weekly team (building) winner \$5.</li><li>- End of 6 weeks team (building) winner \$10</li><li>- End of 6 weeks overall district 1st, 2nd and 3rd (\$80, \$60, \$40)</li></ul> <p><b>When and how to weigh:</b></p> <p>Buchanan: Thursdays, anytime, Nurse's office Jefferson: Wednesdays, any time, Nurse's office Kennedy: Wednesdays, any time, Nurses office GMMS: Wednesday's 7:30-3:30 Nurse's office Riggs: Wednesday's any time, Nurse's office</p>	



# SCHOOL WELLNESS EXAMPLE - GOVWELL

## ▪ Penny War Gratitude Challenge

- Containers are located in the teachers lounge. If you don't have a "home building" (business office/maintenance) just pick a cause you want to play for and let me know who you are playing for.
- PENNIES & THANKFUL NOTES count as one POSITIVE point for YOUR cause/organization. The notes will be displayed at the end of the challenge in your prospective buildings.
- SILVER COINS & PAPER MONIES count as NEGATIVE points for OTHER charities/organizations. In other words, dropping a quarter in another school's bucket takes 25 points from their total.
- At the end of the day on November 22, points will be tallied and the cause/organization with the most points wins BRAGGING rights and a Pierre Tumbler similar to this one
- Winning team gives 40% of total monies collected to their cause,
  - 2nd gives 25%
  - 3rd gives 15%
  - 4th and 5th give 10%



### SUM IT UP...

	}	Add pennies & Thankful Notes to YOUR cause/organization for positive (+1) points.
	}	
	}	Add silver coins to OPPOSING causes/organizations for negative (-5, -10, -25) points. Paper monies are negative as well \$1.00 = -100 points.
	}	



# SCHOOL WELLNESS

- SY2021 Estelline School District was a grantee and worked to enhance their breastfeeding support and space for moms
- SY 2022 Redfield School District is a recipient. They plan to get AEDs in their schools and have staff trained in CPR as well as create a wellbeing room – blood pressure cuff, cool colors, dim lights, relaxing environment for staff.



# SCHOOL WELLNESS

- By show of hands, how many of you have some sort of wellness program within your district?
- Who's district has done something really fun or unique that you could share?
- Take a second to write down a wellness activity you would like to see happen in your school district.



# RESOURCES

- Wellness assessment [https://www.colorado.edu/health/sites/default/files/attached-files/personal\\_assessment\\_-\\_8\\_dimensions\\_of\\_wellness.pdf](https://www.colorado.edu/health/sites/default/files/attached-files/personal_assessment_-_8_dimensions_of_wellness.pdf)
- Dimensions of wellness: Change your habits, change your life. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
- Physical Wellness Toolkit <https://www.nih.gov/health-information/physical-wellness-toolkit>
- Emotional Wellness Toolkit <https://www.nih.gov/health-information/emotional-wellness-toolkit>
- Environmental Wellness Toolkit <https://www.nih.gov/health-information/environmental-wellness-toolkit>
- Social Wellness Toolkit
- Spiritual Wellness <https://www.lhsfna.org/index.cfm/lifelines/september-2016/spiritual-wellness-what-is-your-meaning-and-purpose/> & <https://wellness.ku.edu/seven-ways-improve-your-spiritual-health>
- Mental (intellectual wellness) <https://www.unh.edu/health/wellnessself-care/wellness-wheel/intellectual-wellness>
- Occupational Wellness <https://www.lhsfna.org/index.cfm/lifelines/august-2016/vocational-wellness-identify-your-interests-and-achieve-fulfillment/#:~:text=Vocational%20wellness%20is%20the%20ability,on%20your%20feelings%20or%20opinions>
- Financial Wellness <https://www.mymoney.gov/mymoneyfive/Pages/mymoneyfive.aspx>

# CONTACT & Q'S



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