

## Shape Family Wellness Program

Name: \_\_\_\_\_

Wellness Coach: \_\_\_\_\_

# WELLNESS CHALLENGE

## HEALTHY HABITS, HEALTHY LIFESTYLE

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

**Instructions:** The North Ottawa Wellness Foundation supports healthy lifestyles to build a healthy community. Review the four wellness areas at: [www.NorthOttawaWellnessFoundation.org](http://www.NorthOttawaWellnessFoundation.org) and complete the following questions related to your healthy habit.

### Week 1: Effective Stress Management & Emotional Balance

The healthy habit I want to create is:

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- Creating this healthy habit is important to me because:

- \_\_\_\_\_

- \_\_\_\_\_

- Choose one tip or strategy from the website that will help you to create this healthy habit:

- \_\_\_\_\_

### Week 2: Exercise, Movement & Sleep

The healthy habit I want to create is:

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- Creating this healthy habit is important to me because:

- \_\_\_\_\_

- \_\_\_\_\_

- Choose one tip or strategy from the website that will help you to create this healthy habit:

- \_\_\_\_\_

### Week 3: Clean Food & Nutrition

The healthy habit I want to create is:

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- Creating this healthy habit is important to me because:

- \_\_\_\_\_

- \_\_\_\_\_

- Choose one tip or strategy from the website that will help you to create this healthy habit:

- \_\_\_\_\_

### Week 4: Helping Self, Helping Others

The healthy habit I want to create is:

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- Creating this healthy habit is important to me because:

- \_\_\_\_\_

- \_\_\_\_\_

- Choose one tip or strategy from the website that will help you to create this healthy habit:

- \_\_\_\_\_

# NORTH OTTAWA WELLNESS FOUNDATION

Mission: Facilitating physical, mental and emotional wellness in Northwest Ottawa County through research-based strategies to increase vitality and life balance while decreasing stress and inflammation in the bodies and minds of local residents.

## EFFECTIVE STRESS MANAGEMENT & EMOTIONAL BALANCE

Simple Tools to Navigate Stress



- At work – Pause before responding. Access your body's relaxation response and process – what is truly happening in this moment? Then proceed to action, utilizing your prefrontal cortex portion of your brain before responding.
- At home – Pause, access your relaxation response. Process the context, what is my child/spouse/coworker really asking for in this moment? Proceed to action, responding from the relaxation response.
- Just for you – create a daily practice of taking 5, or even 10 deep breaths. Can you begin and end each day with this simple practice? Retrain, literally rewire your brain to respond to stress from your relaxation response vs. reacting to stressful moments and situations from your fight or flight stress response.

## EXERCISE, MOVEMENT & QUALITY SLEEP

Simple Tools for Exercise, Movement and Quality Sleep



- At work – Pause, take five deep breaths. Notice, am I more effective at work on a full night's sleep? What would today look like if I prioritized quality sleep last night? Do I need to take a moment to walk around my work space, or take the long route to the bathroom?
- At home – Take a quick walk around the block with your family after dinner. Notice – would my body and mind benefit from a brisk walk outside? Or a quick game of Frisbee in the front yard with my spouse or children?
- Just for you – Notice the messages of feeling refreshed or overly tired in your body. Ask yourself – what would the morning look like if I tried to get to bed a little earlier or slept more soundly?

## CLEAN FOOD & NUTRITION

What we eat & how we eat affects digestion



- Eat in a quiet, settled environment, away from computer/iPad/TV.
- Do not eat when upset, or surrounded by melodrama.
- Eat freshly prepared foods.
- Eat at a comfortable pace, stay conscious of the process, and enjoy every bite.
- Leave room in your stomach for food to digest.
- Imagine a gas gauge – eat only when you feel hungry (at a 2) and stop with room to digest (at 7 or 8).
- Digest your previous meal before beginning the next.
- Reduce ice-cold beverages, the body has to bring food to body temperature before it can recognize and digest.
- Sit to eat, this allows more blood in the intestines for digestion.
- Sit quietly for a few minutes after your meal, focus your attention on the sensation in the body.

## HELPING SELF, HELPING OTHERS

Simple Tools for Helping Self and Helping Others



- At work – pause and listen to others. Notice, am I fully present in my own life so I can be present and truly hear the innovative idea, concern of my customer or coworker.
- At home – Be present. Set aside 10 minutes to focus solely on your spouse, child or other loved one. Put down the technology and just be present.
- Just for you – Use your five senses to become very present with a moment. Notice the sights, sounds, smells, tastes and feel of where you are in that moment. Present moment awareness is simply that – bringing awareness to what abounds all around you, in this moment. Be present for yourself each day. Spend a moment asking what you most desire to add to your life – physically, professionally, emotionally, and spiritually? What gift, talent or quality of yourself is yearning to be expressed?

Healthy Lifestyle. Healthy Community



For additional tips, tools and strategies visit: <https://www.NorthOttawaWellnessFoundation.org/resources/>