

Wellness Can Be FUN!

**How many wellness activities are part of your daily life?
Consider boosting your immune system by including some of these.**

1. Name 3 green veggies and 3 fruits that you eat during the winter.
2. Name 3 kinds of physical activity that you can participate in during winter.
3. Stretch one part of your body.
4. Name 3 ways to manage your weight that don't include giving up something.
5. Name 3 stress management activities that you can safely do while driving.
6. How many deep breaths does it take to lower your blood pressure?
7. How many hours of sleep are usually recommended for an adult?
8. What health problems run in your family that you should be alert for in yourself?
9. How many friends can you call today just to chat or laugh with?
10. Name 3 things you love about your mate.
11. If you can't sleep, name 3 things that might help you fall asleep.
12. If you are not a problem drinker, how many drinks are safe per day for a man? For a woman?
13. When can you spend time doing something just for you in the next week?
14. What crucial nutrient is included in ice cream?
15. How many days a week should you get physical?
16. When is the next time you will have fun with your mate?
17. What's your favorite feel-good movie?
18. What book are you reading right now?
19. How do you keep in contact with your Higher Power?
20. Who is your mentor or role model in life?

1. Peas are not vegetables. Spinach, lettuce, broccoli, brussel sprouts, green peppers, and more! Apples, citrus, frozen berries. Frozen is good.
2. Walking, skiing, snowshoes, sledding, ice skating. Or stay indoors and bowl, dance, play volleyball, workout at a gym, get a yoga dvd
3. Neck, abdominal muscles, legs, ankles, fingers, back, go ahead!
4. Eat more vegetables, write down what you eat, turn off the tv at night
5. Deep breathing, singing, listening to a cd of your favorite comedian.
6. 3 to 5. It comes down faster as you practice conscious breathing.
7. 7-8 hours is recommended
8. Think about your parents, grandparents, aunts, uncles. What illnesses do they have?
9. Everyone should have at least 8 people that they can call for a friendly chat.
10. At least 3
11. Stay up an hour later, warm milk with vanilla, chamomile tea (3 tea bags brewed for 10 minutes)
12. Men: no more than 2 drinks daily; women: no more than one drink daily.
13. A few minutes every day for yourself is not too much to ask. You can't take care of others if you don't take care of yourself.
14. Calcium. Use moderation!
15. Physical activity is recommended 30 minutes 5 days a week
16. A few minutes of conversation and touch daily can nourish a friendship, and that will help you get through the tough times that even the happiest couples experience.
17. Pay It Forward? Chicago? Ice Age?
18. Something light, fun, spiritual, and not-required.
19. It can be in a special building with formal words or a quiet place in your own heart.
20. Having a person to look up to, that you want to be like, can help when you feel uncertain.

Workplace Solutions can provide assistance for stress, holiday depression and other personal situation. Counseling is free and confidential. Contact us at 800-327-5071 or www.wseap.com.