Create your Holiday Pie Challenge

Dates: ________________________________

The goal is to build as many pies as possible by completing a wellness related activity from the 7 dimensions of wellness. Each pie needs to have one wedge from each dimension. The goal is to do activities that will make the Holiday season happier and less stressful.

The 7 dimensions are:

**Emotional Wellness:** Emotional wellness encompasses optimism, self-esteem, self-acceptance and the ability to share feelings. It also includes the ability to manage stress.

**Social wellness:** Social Wellness refers to your ability to meet the expectations and demands of our

**Physical wellness:** Physical Wellness encompasses a variety of healthy behaviors including adequate exercise, proper nutrition and abstaining from harmful habits.

**Environmental Wellness:** Environmental wellness is an awareness of the state of the earth and the effects of your daily habits on the physical environment

**Spiritual wellness:** Spiritual Wellness is a personal dimension that involves possessing a set of guiding beliefs, principles or values that help give direction to one’s life. People can express their meaning and purpose in life through nature, art, music, religion, mediation or good deeds performed toward others

**Occupational:** Occupational wellness is a journey that involves preparing and making use of your gifts, skills and talents in order to gain purpose, happiness and enrichment in your life.

**Intellectual:** The intellectual dimension encourages openness to new ideas, motivation to master new skills, a sense of humor, creativity and curiosity. Striving for personal growth and a willingness to seek out and use new information are also part of intellectual wellness

**Rules:**

Each week you will attempt to create at least one full pie. Get your Pie handouts from your Work Well Ambassador.

Each pie must have one slice from each of the 7 dimensions of wellness. Write what activity you did on each pie piece.

When you have a pie completed post it ________________________________ or give it to your Work Well Ambassador.
Examples of activities are:

Say no to one outside activity – Emotional Wellness

Participate in CC adopt a family day – Social, Occupational

Participate in CC Holiday gathering – Social

Get a minimum of 7 hours of sleep a night - physical

Gift wrap one gift using reusable packaging or recycled wrapping – Environmental

Recycle all plastic bottles and containers you use for 3 days – environmental

Attend services of your choice – spiritual

Bring a healthy snack to share with co-workers – occupational, physical

Make a healthy snack with your kids, grandkids etc. – social, physical

Exercise for 30 minutes 3 days a week – physical

Do a physical activity with your kids, grandkids etc. – physical

Play a trivia game with family or friends – intellectual

Read a book, article, etc. on holiday traditions your family does - intellectual

Do an activity with friends – Social

Do one volunteer activity to help someone in need – social

Meditate - emotional, spiritual

Practice on stress management technique each day - emotional

Find 20 minutes of me time at least once a day for a 5 days – emotional

Research a topic of interest related to your job – intellectual, Occupational

Consult with a co-worker about solving a work related issue - Occupational

Check one major thing and one minor thing off your to do list every day – emotional

Try one new time management technique – Emotional

Recycle your personal/home pater, plastic, aluminum and glass – Environmental

*You are not limited to these activities but can create your own. Be creative and we can all learn by sharing what you did.*

**Prizes:**

________________________________________________________
7 Dimensions of Wellness

Emotional  Social  Occupational  Physical
Spiritual  Intellectual  Enviornmental