

12 Dimensions of Wellness Activities

Self-responsibility and love

- Perform meditation, deep breathing, or yoga.
- Complete a Loving Kindness Guided Meditation
- Write and personally reflect in a journal once a day for a week
- Express your ideas and feelings to a loved one
- 2 minutes of sharing: For 2 continuous minutes write or speak a list of all the things you love. Following this write a reflection on what you noticed about yourself during this activity.
- Identify a new task at home or in the workplace you will take full responsibility for this week. Following this write a reflection on what you noticed about yourself during this activity.

Breathing

- Go for a walk in nature
- Perform deep breathing by inhaling for a count of 3, holding for 4, and exhaling for 5.
- Use this video to practice breathing (you can change timing within the settings) for 10 minutes
<https://youtu.be/aXltOY0sLRY>
- Be aware of your local air quality condition by going to www.airnow.gov.
- Use natural or homemade cleaning products such as baking soda and vinegar
- Use your phone or watch to set reminders for focused breathing “breaks” throughout the day

Sensing

- Go to the beach and watch the sunrise then close your eyes and listen to the waves
- Try a healthy food you have never tried before such as avocado, swiss chard or kale.
- When talking to a friend, perform active listening by rephrasing the ideas for clarification.
- Use the scent of lavender to promote relaxation.

The 5-Sense Grounding Exercise

– this exercise gets you to name different things around you by using the 5 senses. As you name the objects, you will describe them in detail. This exercise has a more calming effect if done outdoors (Bennett, 2018).

Name & Describe:

5 Things that you can see

4 Things that you can feel

3 Things that you can hear

2 Things that you can smell

1 Thing that you can taste

(Bennett, 2018)

Eating

- Eat 2-4 fruit servings and 3-5 vegetable servings in one day.
- Attend a Health Promotion Program or Event related to healthy eating
- Try a new food tracker app such as myfitnesspal or fooducate

- Go meatless on Mondays (www.meatlessmonday.com).

Moving

- Try a zumba or salsa class
- Join an Sports Club team
- Do a beach clean-up with the group Plastic Ocean Project or a friend
- Walk or bike rather than drive

Feeling

- Write down your feelings about a personal relationship
- Make a list of all the things that make you angry and brainstorm ways to deal with them.
- List 5 positive things in your life right now
- For one full day, laugh as much as possible
- Go to <https://www.rickhanson.net/writings/just-one-thing/just-one-thing-simple-practices/> and select an option from Leave the Red zone
- Explore Blue Mind theory

Thinking

- Change the way you think about something that has been worrying you.
- Learn about something new that is currently not in your area of study
- Learn one new fact about the universe
- Debate an issue with a friend, but choose the viewpoint opposite the one you hold....

Playing and Working

- Attend an academic achievement workshop with the University Learning Center to learn more about time management and testing strategies.
- Complete an assignment 3 days before it is due.
- Sign up for a Seahawk Adventure Trip.
- Do the Campus Recreation Challenge Course

Communicating

- Ask a grandparent or older individual about something they lived through.
- Discuss an on-going problem with someone close to you.
- Share your personal values and beliefs with a friend, colleague, or family member.
- When talking to a friend, perform active listening by rephrasing the ideas for clarification.

Intimacy

- Ask your partner about his/her life dreams.
- List 10 personal core values and discuss with a partner or family member.
- Make a list of the top 5 traits you are looking for in a potential partner.
- Call a friend or family member that you have not talked to in at least 6 months.

Finding Meaning

- Think of the goals you want to achieve in life and then write a plan for achieving them.
- Volunteer at a soup kitchen or animal shelter.
- Attend a church service or spiritual ceremony.
- Find the purpose of an event happening in your life. What is the hidden lesson you should learn?

Transcending

- Read the book "Power of Now" by Eckhart Tolle
- Forgive someone that has caused you pain. This does not mean inviting this person back into your life.
- Practice meditation every day by focusing on an object using your mind's eye.
- Replace every negative thought you have with a positive one.