

HEAR ME OUT

Mind • Body • Spirit • Reflection

are you whole?

Well-Being Topics & Questions



HOW TO PLAY



Your role is to communicate the question or activity on the card and evoke open dialogue and communication. The focus is on improving each employees' mind, body and spirit. Each card is color coded so you can easily identify the category.

Mind



Body

Spirit



Reflection



Leader Tip: When you see this icon, it is prompting you to share a personal story or dive deeper to drive conversation and dialogue.

FEED YOUR BRAIN

Mental wellness means that your mind is in order and functioning in your best interest. It impacts how you think, feel and act.



FEED YOUR MIND



How do you handle stressful situations?



Leader Tip: Share a situation about how you dealt with stress. Could you have done anything differently? Ask others to share tips on managing stress.

FEED YOUR MIND



What do you wish
you had more
time to do?

FEED YOUR MIND



What brings you joy? Make a list of five things that bring you joy.

FEED YOUR MIND



What would you
do if you knew you
couldn't fail?

FEED YOUR MIND



What is something you want to do that feels impossible to accomplish and what would need to change to make it possible?



Leader Tip: Share a recent accomplishment and the steps you took to achieve that goal.

FEED YOUR MIND



Are you focused forward or do you dwell on the past?

FEED YOUR MIND



Write down your after-work routine. Circle anything that negatively impacts your mental wellness.



Leader Tip: Ask for a show of hands — how many people are on their phones the last hour before bed?

FEED YOUR MIND



Create an attitude of gratitude. Keep a journal and write down something you are grateful for everyday.



Leader Tip: Encourage employees to flip back through their journals when they need a pick me up.

FEED YOUR MIND



What makes
you anxious
and worried?



Leader Tip: The Talkspace app can be used for online counseling with a managed network of licensed therapists who support clients daily through a proprietary, secure and HIPAA-compliant digital platform.

FEED YOUR MIND



How do you respond when someone shares a moment of acute stress or trauma?



Leader Tip: Suggest reaching out to Cone Health's Employee Assistance Counseling Program (EACP), which provides resources to help them manage conflicts and personal issues that are impacting their lives.

FEED YOUR MIND



What sparks
your creativity?

FEED YOUR MIND



What made you
feel the most alive
this past year?

FEED YOUR MIND



How do you
measure if the
time you spent on
something was
worthwhile?

SLAY THE DAY

Physical wellness is listening to and taking care of your body. Good habits are formed through exercise, nutrition and self care.



FEED YOUR BODY



Describe something
you are doing this
week for self-care?

FEED YOUR BODY



Fitting exercise into your workday can be difficult. Here are 25 exercises you can do at work.



Leader Tip: The more you move, the better you'll feel.



FEED YOUR BODY



What is one healthy habit you can implement during the work day?



Leader Tip: Share a situation and how you dealt with stress. Could you have done anything differently? Ask others to share tips on managing stress.

FEED YOUR BODY



What roadblocks do you have when it comes to making a plan for your physical health?



Leader Tip: Suggest an assessment tool that measures well-being to gauge how team members feeling physically and emotionally.

FEED YOUR BODY



What activities or hobbies do you spend the most time on outside of work?



Leader Tip: Share a personal story of an activity that positively impacted your physical health and one that has negatively impacted your physical health. Open for discussion.

FEED YOUR BODY



Is your sleep schedule consistent, If not, why?



Leader Tip: Keeping the same bedtime and wake-up time helps to create healthy sleep habits. To get back on track make adjustments, in 15-minute increments over a period of several days.

FEED YOUR BODY



Let's start the day with a simple exercise. Point and flex your toes. Move your wrists in a circle. Stretch your neck side to side. Roll your shoulders forwards and backwards.

FEED YOUR BODY



What are some ways to snack healthy while on the go?

FEED YOUR BODY



Name one short-term and one long-term goal for your physical health over the next year.

FEED YOUR BODY



What does an ideal healthy life look like? Underline the things you currently have in your life and circle the things you need to start implementing.

FEED YOUR BODY



How much water do you consume a day? Women should consume 96 oz. and men 128 oz. Lack of water leads to lack of energy.



Leader Tip: Check out the Aloe Bud app as a reminder to help you drink more water.



FEED YOUR BODY



Everyday actions both charge and drain you. Does your energy-in match your energy-out?



Leader Tip: Discuss energy-charging habits and energy-draining habits.

FEED YOUR BODY



What are steps
you are taking to
become a better
version of yourself?

FEEL YOUR BEST

Spiritual wellness represents the balance of personal beliefs and values with actions and the impact it has on your life and others.



FEED YOUR SPIRIT



Do a guided
three-minute
meditation
from Headspace.



Leader Tip: Watch the
meditation as a group and share
the link for future reference.



FEED YOUR SPIRIT



Who really matters the most to me in my life? How can I show appreciation?

FEED YOUR SPIRIT



What are some things that I feel truly grateful for right now?

FEED YOUR SPIRIT



How did you grow
as a person over the
past year?



Leader Tip: Talk about how COVID-19 affected this growth. Ask people to share stories about how the pandemic positively impacted their growth.

FEED YOUR SPIRIT



What do other people always thank you for and do you see these qualities in yourself?

FEED YOUR SPIRIT



How much power
do you let daily
circumstances
have over you?

FEED YOUR SPIRIT



What is your theme
song and why?

FEED YOUR SPIRIT



What is something
you would do even
if you never made
any money from it?

FEED YOUR SPIRIT



What would give
you peace of mind?

FEED YOUR SPIRIT



What is one thing
you are never afraid
to do?

FEED YOUR SPIRIT



Make a list of
your top 10 values.
Are you being true
to them?

FEED YOUR SPIRIT



What gives
you strength?



Leader Tip: Share a time you were discouraged and what got you through that difficult time.

FEED YOUR SPIRIT



What does your home reveal about you? Do you think of your home as a sanctuary? If no, why not? If yes, write down what makes your home a sanctuary.

POSITIVE VIBES ONLY

Reflection gives your brain a minute to pause and sort through experiences and gather meaning, which can inform future mindsets and actions.



TAKE TIME TO REFLECT



**Doing the best
at this moment, puts
you in the best place
for the next moment.**

Oprah Winfrey

TAKE TIME TO REFLECT



**Your body hears
everything
your mind says.**

Naomi Judd

TAKE TIME TO REFLECT



**Victory comes
from finding
opportunities
in problems.**

Sun Tzu

TAKE TIME TO REFLECT



**Be grateful for what
you have and be
ready to share it
when the time comes.**

Michelle Obama

TAKE TIME TO REFLECT



**Once you replace
negative thoughts with
positive ones, you'll start
having positive results.**

Willie Nelson

TAKE TIME TO REFLECT



**What drains your spirit,
drains your body.
What fuels your spirit,
fuels your body.**

Caroline Myss

TAKE TIME TO REFLECT



**Increasing the strength
of our minds is the
only way to reduce
the difficulty of life.**

Mokokoma Mokhonoana

TAKE TIME TO REFLECT



**Mental health...is not
a destination, but a process.
It's about how you drive,
not where you're going.**

Noam Shpancer, PhD

TAKE TIME TO REFLECT



**In every day, there are
1,440 minutes. That means
we have 1,440 opportunities
to make a positive impact.**

Les Brown

TAKE TIME TO REFLECT



**Happiness is an attitude.
We either make ourselves
miserable, or happy and
strong. The amount of the
work is the same.**

Francesca Reigler

TAKE TIME TO REFLECT



**Success is its own reward,
but failure is a great
teacher too, and not
to be feared.**

Sonia Sotomayor

TAKE TIME TO REFLECT



**Don't sit down and
wait for the opportunities
to come. Get up
and make them**

Madam C.J. Walker

TAKE TIME TO REFLECT



**Nothing is impossible.
The word itself says
I'M POSSIBLE.**

Audrey Hepburn