

# HEAR ME OUT

are you whole?

Well-Being Topics & Questions







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.





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.



What do you wish you had more time to do?



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



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



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.



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



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?



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.



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.



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.



What sparks your creativity?





What made you feel the most alive this past year?



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.







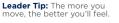
Describe something you are doing this week for self-care?





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









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.



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.



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.



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.



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.



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



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



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.



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.





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







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.





Do a guided three-minute meditation from Headspace.









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



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



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.



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



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



What is your theme song and why?



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





What would give you peace of mind?





What is one thing you are never afraid to do?





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





What gives you strength?





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.





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

Oprah Winfrey



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Your body hears everything your mind says.

Naomi Judd



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Victory comes from finding opportunities in problems.

Sun Tzu



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

Michelle Obama



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

Willie Nelson



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

Caroline Myss



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

Mokokoma Mokhonoana



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

Noam Shpancer, PhD



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

Les Brown



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

Francesca Reigler



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

Sonia Sotomayor



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

Madam C.J. Walker



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

Audrey Hepburn