

# Making Optimal Health a Reality



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## Healthy Body

	Very Satisfied				Fair			Very Unsatisfied		
Safe and Healthy (work/home/play)	10	9	8	7	6	5	4	3	2	1
Eating Habits	10	9	8	7	6	5	4	3	2	1
Physical Activity	10	9	8	7	6	5	4	3	2	1
Sleep	10	9	8	7	6	5	4	3	2	1
Relaxation	10	9	8	7	6	5	4	3	2	1
Healthy Weight	10	9	8	7	6	5	4	3	2	1

Score: \_\_\_\_ / 60

## Healthy Mind

	Very Satisfied				Fair			Very Unsatisfied		
Most Relationships	10	9	8	7	6	5	4	3	2	1
Attitude at Work	10	9	8	7	6	5	4	3	2	1
Meaning & Purpose	10	9	8	7	6	5	4	3	2	1
Spirituality Time	10	9	8	7	6	5	4	3	2	1
Community Service	10	9	8	7	6	5	4	3	2	1
Hobbies/Fun	10	9	8	7	6	5	4	3	2	1

Score: \_\_\_\_ / 60

## Healthy Finances

	Very Satisfied				Fair			Very Unsatisfied		
Abundance	10	9	8	7	6	5	4	3	2	1
Resources to Minimize Stress	10	9	8	7	6	5	4	3	2	1
Money Management	10	9	8	7	6	5	4	3	2	1
Money to do What You Want	10	9	8	7	6	5	4	3	2	1
Resources to Create Memories	10	9	8	7	6	5	4	3	2	1
Contributions to Community	10	9	8	7	6	5	4	3	2	1

Score: \_\_\_\_ / 60

## Where Are You Now?

Total the Results:

	Optimum		Fair			Very Unsatisfied
Health Body	60	50	40	30	20	10
Healthy Mind	60	50	40	30	20	10
Healthy Finances	60	50	40	30	20	10

What Was Your Cumulative Score?

	Optimum	Thriving	Surviving		Need to Improve	Stressed
Overall Well-Being	180	150	120	90	60	30

## MY WELLBEING EVALUATION

Which area are you doing the best in?

In which area do you need the most improvement?

As a result of doing this assessment, I will continue:

As a result of doing this assessment, I will stop:

As a result of doing this assessment, I will start:

My first step will be:

I will share my plans with \_\_\_\_\_ and will ask for their support by saying:

I will review my progress on \_\_\_\_\_. (date)

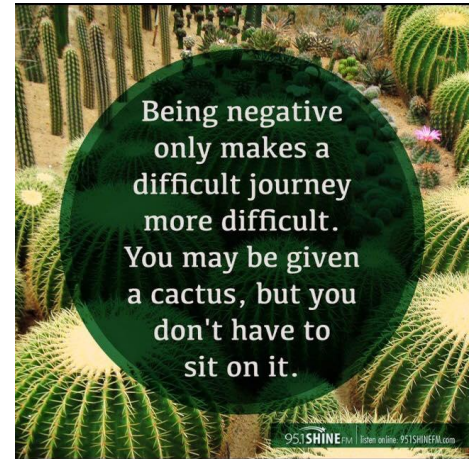
*Never Let the Things You  
Want Make You Forget All  
of the Things You Have*

-Joshua Becker

## 20 Ways to IMPROVE Attitudes

Here are 20 practical ideas to help you get a positive attitude and keep it.

1. **Be Yourself** — Do more of the things you love. It is the only way to be happy.
2. **Improve Yourself** — If you're improving, even a little bit, you'll be more positive.
3. **Help Others** — Nothing makes a person feel better than helping others in need. When you help others, you can't help but be more positive.
4. **Take an Attitude Inventory** — Your attitude and those around you.
5. **Birds of a Feather** — You will eventually become like the people you hang around. Keep yourself in the company of positive-thinking people. Distance yourself from the doom-and-gloomers; find more positive people to spend time with.
6. **Be Selective** — Of information you get. Garbage in, garbage out.
7. **Be a Doer** — Rather than a watcher. Take a walk rather than watching *The Biggest Loser*.
8. **Be an Attitude Warrior** — If you don't defend your attitude, who will?
9. **Don't Be Perfect** — Bad crap happens to good people. Don't expect to be positive 100 percent of the time; just try to be positive as often as possible.
10. **One of Those Days** — It's OK to have one of those days, just not five years in a row.
11. **Choose** — You're responsible for your own attitude; others do not control how you think. Decide to be positive, and make it happen.
12. **Relax** — Don't fight a challenging situation; it only makes it worse. Relax, breathe, and accept it.
13. **Affirmations** — Think positive thoughts, and say positive things to yourself. It might seem goofy, but it works!
14. **Be Grateful** — For what you have. There is always something to be grateful for.
15. **Laugh** — Bring more laughter into your life. It is a powerful way to improve your attitude.
16. **Pray or Meditate** — For a couple of minutes every day. You'll be surprised how positive this can be.
17. **Celebrate** — Your own successes and the successes of those around you as often as you can.
18. **Have a Plan** — It lets you stay focused on where you are going instead of getting bogged down in the day-to-day drama.
19. **Control Your Environment** — You make choices every day about where you live, the work you do and where you go. If your environment isn't supporting your positive attitude, change it.
20. **Be Selfish** — Take care of YOU first. Give yourself permission to make YOU a priority.



## Ideas and Resources to Get You Started

Healthy Body	Healthy Mind	Healthy Finances
<ul style="list-style-type: none"><li>• Incorporate movement into your day</li><li>• Evaluate your eating habits</li><li>• Adjust your sleep schedule</li><li>• Create a sleep routine</li><li>• Make sure work/home environments are safe</li><li>• Get a physical</li><li>• Limit television viewing</li><li>• Go for a walk every evening</li><li>• Workplace yoga</li><li>• Enlist a "healthy habits" partner for accountability</li><li>• Hire a personal health coach</li><li>• Get a membership at the YMCA</li></ul>	<ul style="list-style-type: none"><li>• Meditate 5 minutes daily</li><li>• Contact a mental health professional</li><li>• Develop supportive relationships</li><li>• Take a moment before work to reflect on the attitude you bring in</li><li>• Define goals to create purpose in your life</li><li>• Hobbies to distress</li><li>• Engage in community service</li><li>• Create 'catch-up' space in your calendar</li><li>• Contact EAP</li><li>• Schedule communal eating time</li><li>• Research a breathing exercise</li><li>• Download a guided meditation</li></ul>	<ul style="list-style-type: none"><li>• Establish a deferred compensation plan</li><li>• Establish a flex spending account</li><li>• Reduce your cable programming</li><li>• Utilize the library</li><li>• Create a personal budget</li><li>• Contact a financial planner</li><li>• Give per paycheck to the community through workplace charities</li><li>• Sign up as coordinator for holiday gift buying</li><li>• Create a travel fund</li><li>• Set up automatic billing and deposits</li><li>• Get an energy efficiency evaluation</li></ul>

Other links and resources:

- 4 Rituals that will Make You Happy: <http://time.com/4042834/neuroscience-happy-rituals/?xid=fbshare>
- Becoming Minimalist: <https://www.facebook.com/becomingminimalist?fref=ts>
- EAP Newsletter: <http://www.cityofmadison.com/HR/eap/index.cfm>