



**WellNYS
Everyday**

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:
oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

February 2023

Explore the Eight Wellness Dimensions

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12*	13	14	15	16	17	18
19	20	21*	22	23	24	25
26	27	28				

MONTHLY WELLNYS DAILY TO-DO'S

March

Build your plate with healthy choices

April

Create and stick to a budget

May

Choose an activity you enjoy to keep fit

- ☐ 1. The WellNYS Daily To-Do is to explore the Eight Well-Being Dimensions of Wellness. Join us today at 12:00 p.m. for the wellness webinar, Ask Yourself Eight Questions Every Day. Go to <https://oer.ny.gov/wellnys-everyday-webinars> for more information and to register. If you are unable to attend, a recording will be posted at a later time.
- ☐ 2. The Eight Well-Being Dimensions include physical, intellectual, spiritual, financial, emotional, environment, occupational, and social. Which dimension are you most competent in and which of the dimensions could you improve on? For more information go to: <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>
- ☐ 3. The physical dimension promotes maintaining a healthy body which includes physical activity, obtaining health care, and eating a balanced diet. What small steps can you do today to improve your physical well-being?
- ☐ 4. The intellectual dimension focuses on learning, being creative, gaining knowledge, and having the ability to learn new things. Is there something you've wanted to learn that you've put off? What is the first step to learning this?
- ☐ 5. The spiritual dimension includes having meaning and purpose in your life. Do you use prayer, meditation, and/or quiet time during your day?
- ☐ 6. The financial dimension includes taking control over your finances. Do you live below, above, or within your means? Do you have an emergency account?
- ☐ 7. The emotional dimension includes recognizing and managing emotions as well as coping with stress. Are you able to express your feelings to someone? What are your personal coping strategies?
- ☐ 8. The environmental dimension includes air, food, water and where you live. Do you regularly clean your work and home environment? Do you recycle and properly dispose of litter? Do you purchase fruits and vegetables locally?
- ☐ 9. The occupational dimension includes having meaning and purpose in your employment or your daily life. Are you productive on most days? What time of the day do you have the most energy and are able to be most productive?
- ☐ 10. The social dimension includes having relationships with family, friends, coworkers, and people in general. Do you have a network of friends and/or family you can reach out to? Do you have a special friend who helps you talk through issues? Do you have a coworker who you can collaborate with and lean on?
- ☐ 11. Positive, emotional energy is the key to health, happiness, and wellbeing. The more positive you are, the better your life will be in every area. This morning, ask yourself, "What is one thing I am looking forward to today?"
- ☐ 12. Some personal habits address more than one wellness dimension. Try taking a yoga class with a friend or go for a walk together to target both your physical and social wellness dimensions.
- ☐ 13. Having routines can be useful with all eight dimensions of wellness helping you feel more balanced. Taking a 15-minute walk every day during lunch can be a simple way to add movement into your daily routine.
- ☐ 14. Spiritual wellness is not just about being religious. Spirituality allows us to expand our meaning of life regarding our morals and ethics. Take some time today to explore your personal values.
- ☐ 15. Physical activity is one of the eight wellness dimensions. Being active can improve mood, reduce stress, and prevent certain conditions. Small moments of movement can help increase your overall activity. This week focus on moving for 10 minutes, three times a day, instead of moving 30 minutes all at once.
- ☐ 16. Make plans this weekend to meet with a friend for a walk and call someone on the phone to focus on both your physical and social wellness.
- ☐ 17. Tie your intellectual and financial dimensions together by learning something new to improve your financial outcome. Is there a financial podcast you've heard about? Listen as you're heading home from the work today.
- ☐ 18. When it comes to spirituality and social wellness, do you have a supportive group of friends who share the same values as you do?
- ☐ 19. February is American Heart Month and a great time to make small changes to your daily routine that can help you have a happier and healthier heart. Today, try to choose a lower sodium snack to promote heart health. Choose carrot sticks, low sodium pretzels, unsalted peanuts, or a hardboiled egg for example.
- ☐ 20. Change is more achievable with self-awareness. Find a few minutes of stillness this morning to tune in with your spiritual self. Visualize how you will feel over time when you make healthier decisions daily.
- ☐ 21. When it comes to the environment, do you turn the water off when you brush your teeth? Turning off the tap while you brush your teeth, twice per day, can save up to eight gallons of water!
- ☐ 22. Habits are the key to practicing the dimensions of wellness. What positive habits do you already have when it comes to emotional and social well-being?
- ☐ 23. Are your savings on track with your life goals? Do you have savings set aside for large expenses such as home ownership, educating your children, or retirement?
- ☐ 24. Do you surround yourself with good people that improve your well-being? An example is having a therapist for social and emotional health. Make a list of the positive relationships in your life that touch on the physical, emotional, and social dimensions.
- ☐ 25. Sometimes we may eat out of sadness, loneliness, or boredom. Take a moment to pause and tune into your feelings and hunger cues to be mindful of your habits around snacking.
- ☐ 26. Getting enough sleep is important for overall physical health and wellness. Do some light stretches or yoga after dinner tonight to relax and improve your sleep.
- ☐ 27. Exercise is the key to not only being physically healthy, but to a positive peace of mind. Think back to the last time you exercised and how you felt after. Use that feeling as motivation to go for a walk or engage in movement.
- ☐ 28. Today is the last day of February. What was your favorite wellness dimension that you want to focus more on in the coming months?

Number of days completed