

Smart[]Health

# Activity Library

## 2022 Quarter 3

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## What is the SmartHealth Activity Library?

The SmartHealth Activity Library includes key details about the SmartHealth activities you will see each quarter such as the title, image, dates, and more.

## How can I use this library?

There are many ways to use these details. Here is one quick example of how it can help plan your next SmartHealth campaign:

1. Review the library to learn what is planned on SmartHealth.
2. Find an activity you want to promote.
3. Use the details to create your own promotional material such as a message or flyer.

## How else can I promote SmartHealth?

We have ready-to-use resources to help our member employers support the well-being of both their staff and organization. These resources will help you quickly and easily plan and promote SmartHealth.

## Where can I find these SmartHealth resources?

Washington Wellness works with member employers in the Public Employees Benefits Board (PEBB) and the School Employees Benefits Board (SEBB) programs. Just go to the webpage below based on the type of benefits you receive (PEBB or SEBB):

- [SmartHealth for PEBB](#)
- [SmartHealth for SEBB](#)

## Are there more resources to help me build a wellness program?

Yes. Visit the [Washington Wellness website](#) to find more ready-to-use resources to support your work. You can also [contact your health promotion consultant](#) for more help. We offer strategic support, targeted trainings, and more.

## 2022 Quarter 3 Activities

### Gift or Skill?



Gift or Skill?

JUL. 5, 2022 - SEP. 30, 2022 50 Points

### Gift or Skill?

**i** finish the lesson

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#### About this activity

Do you know your own gifts? Learn how to differentiate them from skills and other characteristics. The more you can use your gifts, the more connected you may feel to your job. Once you understand them, try looking for ways to use them more often.

[Open Lesson](#)

## Digging Out of Debt



JUL. 5, 2022 - SEP. 30, 2022

**100** Points

### Digging Out of Debt

**i** finish each part of the lesson

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#### About this activity

Debt can be useful, but it can also be stressful and dangerous. Complete the lesson to learn how to think strategically about debt and use a system to quickly pay it down.

[Open Lesson](#)

## Is That Purchase a Need or a Want?



Is That Purchase a Need or a Want?

JUL. 5, 2022 - SEP. 30, 2022 50 points per week

### Is That Purchase a Need or a Want?

**i** avoid purchases you don't need

**☰** 1 time / weekly

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#### About this activity

It's easy to remember how much we spend on required expenses, like housing, groceries and car payments. But could you easily remember how much money you spend on "unnecessary" expenses, like daily coffee drinks, restaurant meals or entertainment expenses?

#### More Information

Sticking to a budget or planning for future expenses requires a better understanding of how much money you spend and on what. To reach your financial goals, you may need to make sound (and frugal) decisions for the future. For example, let's say you buy a \$5 coffee every workday. That's the equivalent of about \$100 a month, or \$1,200 a year. Cutting out that \$5 coffee just one day a week would save you about \$240 a year. That extra money could help you pay off bills or a high-interest loan. Think about other unnecessary expenses that you could reduce or cut out once a week, and calculate of how much you could save.

## Wake Up to Health



Wake Up to Health

JUL. 5, 2022 - SEP. 30, 2022 50 points per week

### Wake Up to Health

**i** eat a healthy breakfast  
**☰** 3 times / weekly

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#### About this activity

We know a car can't run without fuel — and the same is true for humans. This is why breakfast is so important. It gives you the energy and brainpower to conquer your day.

#### More Information

A healthy breakfast gives your body and brain the nutrients it needs after fasting throughout the night. These important nutrients help boost your concentration and metabolism and keeps you satisfied until lunch. When you skip breakfast, you'll likely be starving by lunchtime — which could contribute to overeating or craving foods high in fat and sugar.

Make time to eat in the morning, and choose healthy foods rich in protein, vitamins and minerals like eggs, fruits, vegetables, unsweetened yogurt, and oatmeal.

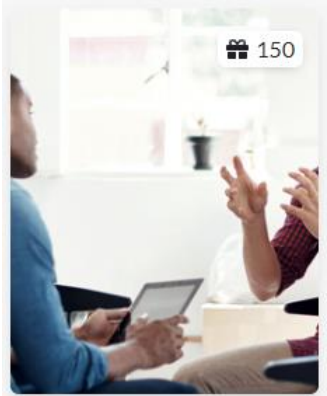
Breakfast ideas include:

- Veggie scramble
- Whole wheat toast with peanut butter, berries, and sprinkle of chia and ground flaxseeds
- Avocado toast with slices of tomato and a poached or fried egg
- Fruit smoothie with your favorite fruits, greens, Greek yogurt, and nut butter
- Overnight oats soaked in almond or coconut milk and layered with fresh or frozen berries

**Did you know?**

According to the American Heart Association, there is a link between skipping breakfast and increased risk of developing heart disease. Studies have found that people who regularly eat breakfast are less likely to have high blood pressure and high levels of cholesterol.

## Assume Positive Intent



Assume Positive Intent

JUL. 5, 2022 - SEP. 30, 2022

**150** Points

### Assume Positive Intent

**i** assume others have positive intent

**≡** 3 times

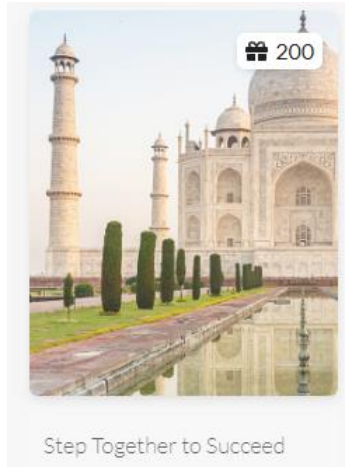
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#### About this activity

Instead of jumping to negative assumptions, assume individuals and leaders have positive intentions. How might this change your interpretation of decisions made or actions taken? While it might seem like others are making decisions you don't understand, take some time to consider things from their perspective and what their goals are. Even better, consider how you share the same goals and hopes for overall success.



## Step Together to Succeed



JUL. 5, 2022 - DEC. 31, 2022 200 Points

### Step Together to Succeed

- exercise
- 3000000 steps
- 4 - 12

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#### About this activity

For this activity, form a team that will inspire you to try new ways to reach your fitness goals. Try meeting with your team on a regular basis, and get creative about how you will reach individual and collective goals.

#### More Information

Your team members can offer their own creative ideas about how to reach their steps goals. You might even have your own strategies, such as always taking the stairs or going for a walk whenever you're on a phone call. Learn about how others are meeting their goals, and consider trying some of their ideas. Keep an open mind, and learn from one another so that you might reach your goal faster than you thought possible.

## Go Exploring



Go Exploring

JUL. 5, 2022 - DEC. 31, 2022

50 Points

### Go Exploring

**i** plan a vacation

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#### About this activity

In 2018, the Colosseum ranked one in the world for tourist attractions, bringing in 7.4 million visitors to peek inside its ancient arches. This wonder of the world may be fascinating, but there are plenty of places both near and far that can teach you about the world. Take some time to either plan a fun vacation or focus on exploring your hometown or places nearby that might have a hidden history. You'll never know what you might find until you get out there!

#### More Information

The Roman Colosseum is Italy's most popular vacation spot, beating the Leaning Tower of Pisa and the romantic canals of Venice. Every year, the number of tourists increases, as people from around the world gather to explore this wonder of the world.

For this activity, plan a vacation for yourself or for you and your loved ones. A vacation doesn't have to involve travel. You could even take advantage of a weekend with nice weather to explore a local park, museum, or monument. Consider revisiting a spot you've been to long ago, and see how it's changed. Be sure to take lots of pictures. Or, better yet, bring a sketchbook, and draw or paint what you see.

## Track Your Energy Level



Track Your Energy Level

JUL. 5, 2022 - SEP. 30, 2022 50 points per week

### Track Your Energy Level

**i** track your energy  
**☰** 2 times / weekly

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#### About this activity

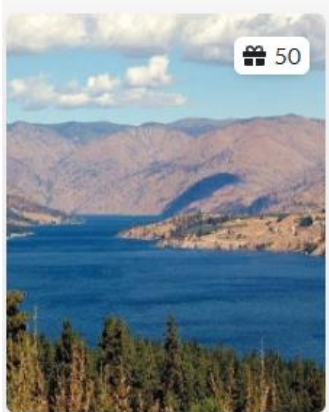
Wondering what boosts or drains your energy? Track your energy levels 2 days a week to learn more about your physical energy changes. Low energy can hurt your physical and emotional health, your productivity at work, and your ability to feel engaged with others. Commit to identifying what's causing your energy loss.

#### More Information

Use a tracking app or a journal to keep a record of your energy levels. Here's what you want to keep track of:

- Rate your energy level at the beginning and end of each day on a scale from 1 (very lethargic) to 10 (extremely energetic).
- Analyze the trends in your ratings after 2 weeks. Did you have more energy in the morning or in the afternoon?
- Determine what affects your energy level. Is it lack of sleep, a certain type of food, or stress? Or something else?
- Look for opportunities to improve and regulate your energy levels. Do you have enough time to exercise and relax after taking care of everything else? View your schedule for the day, week, and month to make any necessary changes.

## Spend Quality Time Outdoors



Spend Quality Time Outdoors

JUL. 5, 2022 - SEP. 30, 2022 50 points per week

### Spend Quality Time Outdoors

**i** spend 30 minutes outdoors  
**☰** 2 times / weekly

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#### About this activity

Get outside! Spending time outdoors can help boost your physical and mental health, reduce stress levels and even increase your energy.

#### More Information

The activities to do outdoors are endless!

- Go for a walk/run around your neighborhood.
- Spend time in your garden.
- Sit on your porch, take a mental break, and breathe in fresh air.
- Break out your wheels! Use your wheelchair, go for a bike ride, or rollerblade at your local park or area with walking paths.
- Find a hiking trail.
- Move your usual workout to the outdoors.
- Take a work call or meeting outside.
- Walk to a friend's house or to run an errand.

## 5 Pillars of Heart Health



Five Pillars of Heart Health

AUG. 16, 2022 - SEP. 30, 2022 100 Points

### Five Pillars of Heart Health

**i** finish each part of the lesson

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#### About this activity

There are many pieces to a heart-healthy lifestyle, and exactly how it looks can differ from person to person. Listen to Dr. Judy Wagner as she outlines the 5 key components of heart health. Committing to these 5 components can help prevent or manage heart disease and improve overall well-being.

[Open Lesson](#)

## Walk and Talk



Walk and Talk

AUG. 16, 2022 - SEP. 30, 2022 50 points per week

### Walk and Talk

**i** walk with a friend

**☰** 1 time / weekly

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#### About this activity

When feeling stuck with a problem, disconnected, sad or stressed, spending time with a friend can be a great way to cheer up — especially if you can spend this time together outside in nature. Relationships matter to our well-being. Once a week, try taking a walk with a friend.

## Reconnect to Fun



Reconnect to Fun

AUG. 16, 2022 - SEP. 30, 2022 50 Points

### Reconnect to Fun

**i** enjoy an activity you haven't done in awhile

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#### About this activity

Think of a fun activity that you haven't done in ages—and go do it! If you're struggling with depression, it can be difficult to do much of anything. Start to turn the tide by creating opportunities for joy.

#### More Information

Have you ever thought of fun as a basic need? William Glasser, an American psychiatrist says that there are five basic human needs:

1. Survival (shelter, food, water, basics needed to live)
2. Love and belonging (feeling like we are connected to friends, family, or a group)
3. Power (feeling like we're good at something, that we have a strength, purpose, or contribution)
4. Freedom (sense of autonomy and choice)
5. Fun (laughter, play, and exciting experiences)

Get intentional about having fun! Think of hobbies, experiences, or activities that bring you joy, and make a plan to do them.

## Create a Calming Oasis



Create a Calming Oasis

JUL. 5, 2022 - SEP. 30, 2022 50 points per week

### Create a Calming Oasis

**i** retreat to a personal oasis

**☰** 1 time / weekly

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#### About this activity

Create your own oasis with a personal "recharging" space for yourself, and make it a habit to spend time there at least once a week.

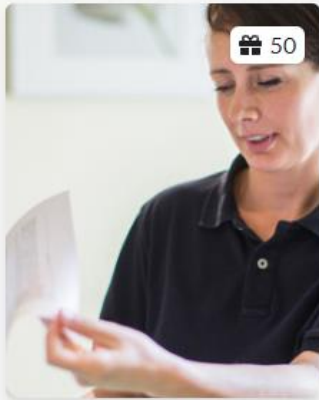
#### More Information

The ancient city of Petra, located in the middle of the desert, valued the importance of creating an oasis, a place of refuge from the harsh climate. The complex irrigation system supported this busy epicenter of trade by replenishing people and animals with life-giving fresh water.

For this activity, create an emotional oasis for yourself when you need quiet time away from work or distractions. This could be your car, a nearby park, or a special place in your home. Make it a habit to spend time meditating or relaxing in this space – without your phone or computer – ideally once a week (or more).



## Talk to Your Manager About Your Goals



Talk to Your Manager About  
Your Goals

⋮ ×

📅 AUG. 16, 2022 - SEP. 30, 2022 **50** Points

### Talk to Your Manager About Your Goals

📘 request skill development from your supervisor

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#### About this activity

For this activity, think about your work-related goals for the next three years. Write them down and identify what help you need to get there – resources, support, training, etc. Talk with your supervisor or manager about your goals and how they can support you.

For example, if your career goal is something like "earn a management position at my organization," your learning and development request might be additional management training tools. Asking for what you need is a great way to stay focused on your work goals.

## Focus on Your Nutrition



Focus on Your Nutrition

AUG. 16, 2022 - SEP. 30, 2022 50 Points

### Focus on Your Nutrition

**i** focus on one new healthy eating habit

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#### About this activity

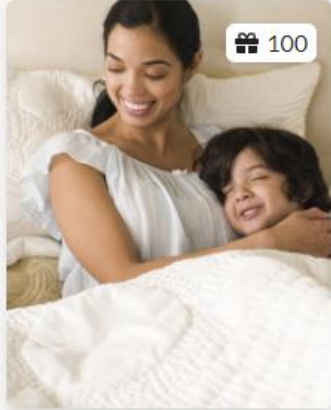
Eating right is critical to feeling good, having energy and reducing your risk for chronic disease and certain types of cancer. Focus on a new nutrition habit that will take you one step closer to better health.

#### More Information

Looking to build a new healthy eating habit? Here are some small habits you can try to incorporate into your everyday life:

- Swap your daily sugary drink (coffee, energy drink, soda) for water.
- Go for a walk around the block instead of reaching for a sugary or salty snack.
- Start your lunch or dinner with a big salad.
- Eat breakfast every morning.
- Chop vegetables and keep them in the fridge for easy snacking.
- Bring healthy snacks to work like fresh fruit, cut vegetables or unsalted nuts.
- Swap a heavily processed grain food (like white bread or dinner rolls) for a whole grain (like farro, brown rice, quinoa, barley, oats, etc.) or legume (like lentils, chickpeas or peas).
- Try making one new healthy recipe, or do a healthy recipe "makeover."

## Getting More and Better Sleep



Getting More and Better  
Sleep

AUG. 16, 2022 - SEP. 30, 2022 ⋮ ×

**100** Points

### Getting More and Better Sleep

**i** finish each part of the lesson

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#### About this activity

Consistently getting good sleep is critical to your health, productivity, and relationships. For most people, sleep quality is influenced more by lifestyle than biology. In this lesson, Dr. Wendy Troxel teaches you about lifestyle shifts you can make to get more and better sleep.

[Open Lesson](#)