



Physical Spiritual Social Emotional Financial Intellectual

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**State Information Packet
1st Trimester June 2024**



A Little About Me . . .

My name is Shellie Haun. I am a member of Lincoln Women of Today in Lincoln, Nebraska. I have been a member since 2002, starting a year after my second daughter was born. I have three children, Kiera (27), Maddie (23) and Carter (21). Kiera works as a Special Needs teacher in Omaha at Millard Public Schools, Maddie graduated college last year, and is working remotely for a marketing company as a Project Manager, and Carter is currently interning this summer and will start his senior year of college this Fall. Gary, my husband of 32 years, is owner and operator of the Captain's Chair barbershop in downtown Lincoln. I work for Lincoln Public Schools as Technical Support for the Nutrition Services department. I've been there over 21 years working part time with summers off, which has been a blessing for raising a family.



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What is Wellness & Personal Development . . .

The Wellness & Personal Development area helps members grow in their leadership abilities and their personal life. It is designed to assist individuals to be aware of their physical and mental well-being as well as personal growth, development and citizenship.

The wellness portion of this program is to inform, educate and update on a wide variety of wellness topics. The personal development encompasses the areas of speaking, writing, leadership, team building, and listening.

How to Succeed in Wellness & Personal Development Area . . .

- 🌈 Complete the Wellness & Personal Development Certification
 - This updated form has a wide array of selections that encompass both wellness and personal growth. You will also receive an incentive for certifying.
- 🌈 Complete Challenges in the Dimensions of Wellness
 - Each Trimester will focus on two of the 6 dimensions. Each dimension will include challenges, suggestions and resources to help you succeed in the areas.

Challenges . . .

1st Trimester challenges highlight the Dimensions of:
Physical & Spiritual Wellness



Physical

FOCUS ON BODY MOVEMENT:

Daily Exercise can include walking, jogging, bike riding, treadmill, playing outside, swimming, etc. Just get moving!

Take a walk during a work break, or walk to get your lunch or coffee instead of driving. Did you know that even cleaning the house, or grocery shopping is considered exercise?

CHALLENGE:

To exercise 3 times per week for one month

RESOURCES:

Hiking Local/Area Trails gets you moving and gets you out in nature, which helps with the Spiritual dimension as well. Visit this website for trails in your area:

<https://www.alltrails.com/>

Spiritual

FOCUS ON FILLING THE SOUL:

This can mean different things to different people. If attending mass, church services, or praying fills your bucket, do so! Spiritual doesn't have to mean religious though. It can represent your one with nature or the universe. It can include **finding your Zen** – *a state of calm attentiveness and inner clarity that allows you to find peace and power within yourself.*

CHALLENGE:

Spend 15 minutes per day filling your soul

RESOURCES:

Yoga and meditation can help! The following YouTube page will get you started on your journey:

https://www.youtube.com/results?search_query=yoga+for+beginners



Wellness & Personal Development
1st Trimester Fast Start
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Fast Start

Complete the following requirements postmarked or emailed to me by August 15, 2024.
Each individual completing this Fast Start will be recognized at Mid-year convention.

1. Send me a letter of introduction and your plan of action.
2. Begin to implement one of your goals; include a description of what you have done to implement this goal.
3. Send a copy of at least one of the materials you have prepared for promotion of your area within your state. This may be a mailing, article in your newsletter, information shared to your chapters in your state, outline for a forum you are doing, etc.
4. Make an “official” contact with a foundation or organization with whom you will be working. If no foundation, please reach out to your national contact (me).

Send verification to me at wpd@uswomenoftoday.org



IMPORTANT!

How to Certify . . .

You'll find the new WPD form on page 4. Feel free to print this out and mail or email to me. The current web form is from last year, but will still be accepted, since it may take some time to get the new one put up. Until we get the form changed over, you can complete the new challenges and file the current online form as well.

Either form will be accepted for this 24-25 year!



United States Women of Today

Wellness and Personal Development Program Manager Manual

Wellness and Personal Development Certification

Name _____ Date Joined _____ Date Certified _____

Chapter/State _____ Email _____

Is designed to assist individuals to be aware of their physical, and mental well-being, along with personal growth, careers and citizenship. This form may be completed once each USWT year. Complete a minimum of 15 of the following items and submit online at www.uswomenoftoday.org. You may also mail to your state contact postmarked no later than May 1

- Have a physical exam
- Know your numbers (cholesterol, blood pressure, glucose, and body mass index)
- Have a dental exam
- Be a registered organ donor
- Have an eye exam
- Donate blood/plasma
- Certify in CPR or First Aid
- Check your medication, spice or food cabinet for outdated items and dispose of them properly
- Exercise a minimum of 3 times per week for one month
- Attend a seminar, health fair, or read an article on a health topic
- Keep a journal for 30 days logging your diet, time management, mood or exercise
- Visit a nursing home, hospital or shut in
- Complete a Speaking competition or Impromptu competition
- Present a 4 – 6 minutes speech
- Enter a writing competition
- Write an article for a chapter, district, state or national newsletter
- Write an essay or short story with 300 or more words, but less than 500 words
- Chair a project
- Participate in a leadership exercise
- Participate in a team-building exercise
- Participate in a chapter project
- Attend a state or United States Women of Today meeting
- Learn a new craft
- Learn a new recipe
- Read a book or listen to an audio book
- Update your will or review your financials
- Volunteer in another organization
- Interview a member of a different generation about changes they have seen in their lifespan
- Interview someone from a different culture or nation.
- Hold local, state or national office
- Other: _____