



Physical Spiritual Social Emotional Financial Intellectual

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State Information Packet  
2nd Trimester September 2024

## Index



### Page 1

- 2<sup>nd</sup> Trimester Challenges

### Page 2

- Dimensions of Wellness Emotional

### Page 3

- Dimensions of Wellness Social




### Page 4

- WPD Certification Form

## 2<sup>nd</sup> Trimester Challenge

### Emotional

(September-October)

-  Give a presentation to your chapter about Emotional Wellness.
-  Explain what Mindfulness is and how to practice it.
-  Complete a Mindfulness exercise.


Send me what you presented, and the exercise activity you completed by October 31<sup>st</sup>.

All submissions will be entered into a drawing for a prize at Annual Convention.


## 2<sup>nd</sup> Trimester Challenge

### Social

(November-December)

-  Sponsor a social event for your chapter, friend group, church group, etc.

-- OR --

-  Reach out to someone whom you haven't seen or spoken to in a while – could be a friend, family member, or Women of Today contact that hasn't been very active. Reconnect!

Send me what you did, and who you did it with by December 31<sup>st</sup>.

All submissions will be entered into a drawing for a prize at Annual Convention.

## 2<sup>nd</sup> Trimester Dimensions of Wellness: Emotional & Social



### Emotional

#### **FOCUS ON STAYING GROUNDED:**

This time of year offers many changes with school starting and Fall beginning. Changing seasons, changing weather, changing schedules...it can all seem like a lot, and catch up with you quickly.

Mindfulness is a state of active, open attention to the present. This state is described as observing one's thoughts and feelings without judging them as good or bad.

There are many ways to practice Mindfulness. Meditation, breathing exercises, and cognitive awareness to a situation are a few examples.

Using Mindfulness techniques can help keep you grounded, reducing the unexpected highs and lows and help you feel more in control of your emotions.

#### **DAILY CHALLENGE:**

Take time, up to three times a day, to practice meditation or breathing techniques that will not only help relax you, but also refocus.

#### **RESOURCES:**

Here is a great video explaining Mindfulness:

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

Practice Mindfulness:

<https://www.youtube.com/watch?v=inpok4MKVLM>

<https://www.youtube.com/watch?v=n9ja1Wqkp1U>

Practice Meditation:

<https://www.youtube.com/watch?v=eVyHS1Oc8pc>

[https://www.youtube.com/watch?v=86m4RC\\_ADEY](https://www.youtube.com/watch?v=86m4RC_ADEY)

## 2<sup>nd</sup> Trimester Dimensions of Wellness: Emotional & Social



### Social

#### **FOCUS ON BEING WITH OTHERS:**

Between September and December are some of the busiest months of the year for many. Social events pop up during Fall such as visiting apple orchards, going to Football games, and holidays like Halloween and Thanksgiving. Don't forget about all the craft fairs practically every weekend.

Then comes the Holiday season, with work parties, family get-togethers, Women of Today celebrations. There are many ways to be social this time of year. You don't have attend everything, or at least not for the entire time of an event. But if you're asked to appear, make it a point to go. Even if just for a bit.

Don't stretch yourself too thin, committing to too much, or offering your help and finding you've ran out of time. Keep in mind your needs and wellbeing, along with having fun and enjoying events as they occur.

#### **CHALLENGE:**

Become engaged with people in your community. Continually maintain and develop friendships and social networks. Be active! Reach out to friends and family, keeping in touch to grow those relationships.

#### **RESOURCES:**

<https://www.floatvictory.com/blog/social-wellness-what-is-it-and-how-does-it-impact-your-wellbeing>

<https://www.conehealth.com/services/behavioral-health/8-ways-to-better-social-wellness/>

<https://healthyhomefront.com/stay-well/make-your-social-wellness-a-priority/>



# 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](http://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: \_\_\_\_\_