



HOLSTEE

Wellness Guide

..... 2021

EXPLORING THE ART & SCIENCE OF WELLNESS

Wellness

What makes you feel whole?

What makes you feel strong?

What makes you feel like you?

There is no shortcut or single path to wellness.
It starts with the self. Nurturing every aspect of
our lives, holistic care allows our body, mind,
and soul to achieve harmony.

Wellness *noun*

well·ness | 'welnes

The quality or state of being healthy in body and mind, especially as the result of deliberate effort.

Dictionary.com © 2021

In this guide, we explore the many ways to prioritize holistic wellness daily and for the long haul.

On the following pages, we share poetry, philosophy, and a range of activities to help you reflect on the role wellness plays in your life.

Use this guide as a tool to grow your self-led mindfulness practice as well as create a deeper dialogue with your community.

The Violet

Down in a green and shady bed,
A modest violet grew,
Its stalk was bent, it hung its head,
As if to hide from view.

And yet it was a lovely flower,
Its colours bright and fair;
It might have graced a rosy bower,
Instead of hiding there.

Yet there it was content to bloom,
In modest tints arrayed;
And there diffused its sweet perfume,
Within the silent shade.

Then let me to the valley go,
This pretty flower to see;
That I may also learn to grow
In sweet humility.

Introduction

Wellness is important, but often we don't prioritize it until it becomes urgent or we notice an extreme deficit in one or more areas. In this guide we'll review six dimensions of wellness, reflect on our relationship to each one, and explore how we want to improve.

First, let's break down the six dimensions of wellness:



MIND

I am aware of my emotions. I engage in creative and stimulating activities.



BODY

I am physically active, eat mostly whole foods, and prioritize my sleep.



SOUL

I feel both a sense of awe and connection to the world around me.



WORK

I gain personal satisfaction and fulfillment from my responsibilities.



PLAY

I make time for activities that spark joy in me.



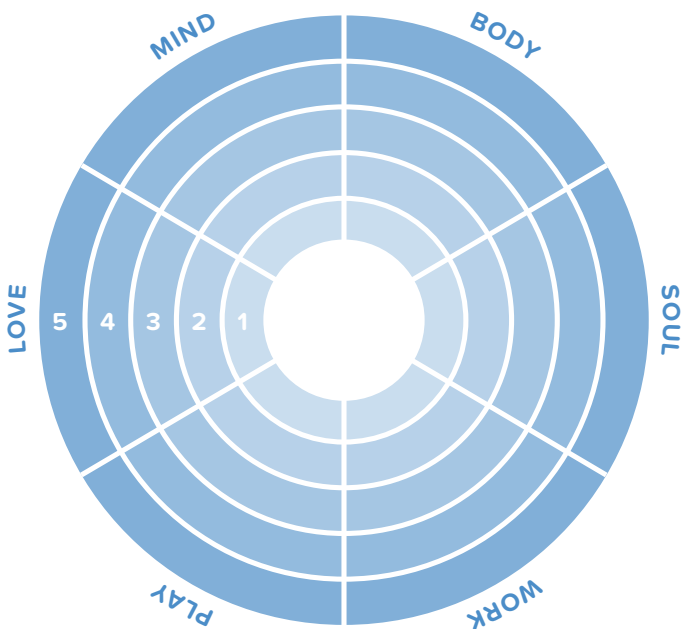
LOVE

I nourish and am nourished by the people in my life.

Self-Assessment

These six wellness dimensions are not something we do or don't have — they exist on an ever changing continuum. Take some time to identify where you are on the continuum at this particular moment.

Mark the section that represents where you are with each dimension of wellness from 1 (an area that needs attention) to 5 (a dimension you feel you have a strong handle on).



TIP: CONNECT THE DOTS

Draw a line connecting one score marker to the next to help visualize the peaks and valleys of your wellness map in this moment.

Which dimension did you rate the highest? Why?

Which one did you rate the lowest? Why?

Which dimension are you most excited to improve? Why?

Let's dig into the dimension you'd like to improve: what does success in this dimension look like?

What do you need to do differently to get there?

“ Wellness, I came to realize, will not happen by accident. It must be a daily practice, especially for those of us who are more susceptible to the oppressiveness of the world.

JENNA WORTHAM

Habits

One of the ways we can cultivate wellness in all six dimensions is by establishing good habits. Gretchen Rubin, author of *Better Than Before* says, “Habits are like the prequel to a happy life. If you have habits that work for you, you’re much more likely to be happy, healthy, productive, and creative.” In this section we’ll work through a few exercises and provide you with actionable goals and tips for establishing habits that work for you and encourage overall wellness.

MIND

Your mind can be cultivated by challenging yourself to get out of your routine and use your brain in new ways.

Here are a few ideas to get you started:



Be A Novice

Learn a new skill like trying a new recipe, signing up for a pottery class, or studying up on a foreign language. It’s good for your brain (and helps keep your ego in check) to be a complete beginner at something as an adult.



Read, Read, Read

Choose a book that will expand your perspective. Read the biography of someone you’ve never heard of, pick up a book on astrophysics, or read a classic that didn’t make it onto your high school reading list.



Gain Perspective

Challenge yourself to see more than one side of an issue. Question your assumptions. Practice empathy.

Taking time to acknowledge how you feel about your day-to-day experiences is also essential to maintaining your mental health.

Try this exercise to foster awareness of your emotions:

Create a habit of checking in with yourself by asking a simple question: **How am I?** The goal is not to judge whether what you're feeling is good or bad, but simply to be aware.

Then, ask yourself:

What (if anything in particular) is affecting how I feel?

Check in with yourself three times a day — morning, noon, and night.

Try jotting down your answers over a given week or month and see if you notice any patterns.

TIP: SET YOURSELF UP FOR SUCCESS

Set an alarm or calendar event in your phone to help remember when to check in.

BODY

On a scale of 1 to 5 — with 1 being ‘a chore to accomplish’ and 5 being ‘a gift to yourself’ — **shade in the number that best describes how you feel about exercise:**



What is one way to make your exercise feel less like a chore and more like a gift you look forward to each day?

A large rectangular grid of dotted lines, intended for writing a response to the question above.

“ *In short: If your motivation is some abstract, fuzzy future goal like losing weight or being healthy, you have the wrong ‘Why’. We want to re-frame our ‘Why’ so it’s focused on the immediate benefits we get — shifting from the “chore” we have to do to a gift we get to give ourselves.*

MICHELLE SEGAR

SOUL

Set aside time for calm, reflective moments. It could be to journal, read, draw, or meditate. Spiritual truths often have a gentle voice and are hard to hear above the chaos of life.

One exercise to try is Julia Cameron's Morning Pages. Here is how Cameron describes the practice: "Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. There is no wrong way to do Morning Pages – they are not high art. They are not even "writing." They are about anything and everything that crosses your mind – and they are for your eyes only. Morning Pages provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. Do not over-think Morning Pages."

“ No one likes to suffer, but we go about getting happy the wrong way. We go about it by distracting ourselves.

PEMA CHÖDRÖN

If you don't have a reflection practice in place yet, take a moment right now to come up with a plan for how you can start:

What:

When:

Where:

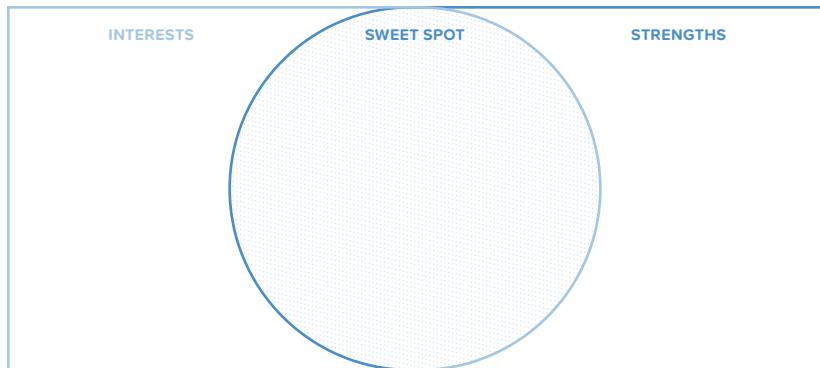


Reflection.app Premium is included in your Holstee membership and offers a framework for guided journaling and reflection.

WORK

Set aside time at least once a year to ask yourself:

Where do my strengths and interests overlap in my responsibilities and how can I focus more energy into that sweet spot?



What are my short and long-term goals?

What changes do I want to make in my 'working' environment to feel more fulfilled? ★ any changes that can be implemented now.

PLAY

Stuart Brown, MD, has been studying play for decades. In his book, *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*, Brown describes eight **play personalities** he has observed through his research.

The Joker

expressed through
silliness, practical joking

EXAMPLES:

- ☐ Telling jokes
- ☐ Playing practical jokes
- ☐ Good 'ol fashioned goofiness

The Kinesthete

expressed through
movement

EXAMPLES:

- ☐ Dancing
- ☐ Hiking
- ☐ Running
- ☐ Swimming

The Explorer

expressed through
exploration, adventure

EXAMPLES:

- ☐ Visiting new places
- ☐ Learning about new ideas

The Competitor

expressed through
established rules, an opportunity to win

EXAMPLES:

- ☐ Board games
- ☐ Video games
- ☐ Card games
- ☐ Organized sports

The Director

expressed through
planning, making things happen

EXAMPLES:

- ☐ Making home movies
- ☐ Orchestrating large family meals
- ☐ Cooking
- ☐ Planning a party

The Collector

expressed through
**collecting objects,
experiences**

EXAMPLES:

- ☐ Collecting sea glass
- ☐ Collecting sports trading cards
- ☐ Visiting all national parks

The Artist

expressed through
creating, building

EXAMPLES:

- ☐ Painting
 - ☐ Pottery
 - ☐ Carpentry
 - ☐ Photography
 - ☐ Origami
 - ☐ Designing jewelry

The Storyteller

expressed through
**imagination, reading,
theatre**

EXAMPLES:

- ☐ Reading fiction
- ☐ Writing short stories
- ☐ Improv
- ☐ Watching movies

Which play personalities resonate most with you?

Considering this, what might play look like for you?

LOVE

“ *Being who we are requires that we can talk openly about things that are important to us, that we take a clear position on where we stand on important emotional issues, and that we clarify the limits of what is acceptable and tolerable to us in a relationship.*

HARRIET LERNER

Make Commitments

We all have busy lives, and there will always be times when unexpected things come up, but aim to prioritize commitments you make with friends and family. Be someone they can count on.

Snail Mail

Write a letter to a friend. Send a postcard — or last month's art from your Holstee Membership! Do something that shows a friend that you really value them.

Connect With Your Community

One major part of social wellness is feeling connected and contributing to the larger community around you. Volunteer at a local non-profit, get involved with an activist group in your city or rally for a cause that means something to you.



TIP: LOOK BACK TO LAST MONTH

Our Kinship materials have more great ideas on how to connect with friends, family, and community for improving your social wellness.

“ *When we nourish
ourselves with good
people, projects,
surroundings, love, magic,
beauty, and self-care,
we radiate light into the
world and continually
sharpen our vision,
perception, and clarity
all at once.*

VICTORIA ERICKSON

Cultivating Patience

It's nearly impossible to avoid stress. It comes from big things — anxiety over work, family, finances, and politics. But also from little things — petty annoyances that you experience over the course of a day.

One powerful tool for dealing with this kind of day-to-day stress is **patience**.

Dr. Sarah Schnitker, an Associate Professor of Psychology, refers to patience as the ability to “wait calmly in the face of frustration or adversity.”

Cultivating patience can impact every dimension of wellness.

In a study, Dr. Schnitker found that patient people experienced less instances of depression, felt fewer negative emotions, and reported a greater sense of mindfulness, gratitude, abundance, and connection to mankind and the universe.

There are many ways to express patience, which Schnitker organized into a Three-Factor Patience Scale:

- 01 **Interpersonal** — patience when dealing with others
Example: Differences with friends or co-workers
- 02 **Life Hardships** — patience in overcoming a serious setback
Example: Not hearing back from a prospective employer, breaking up with a partner
- 03 **Daily Hassles** — patience with little annoyances and irritations
Example: Stuck in traffic, long checkout lines

Schnitker's research demonstrates that patience is a skill worth developing to reduce stress and effectively improve overall well-being.

“ *Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.*

THE NATIONAL WELLNESS INSTITUTE

Mind and Body

When do you most tend to notice how your body is feeling? For many of us, it is when something is wrong: when we feel pain, tired, stressed, hungry, thirsty, depressed, or restless.

And often, the answer to our wellness woes comes from looking inward.

Take a few minutes to be still, focus on your breath, and check in with yourself with this **Body Scan Meditation**:

- 01 Begin by finding a comfortable seated position with your feet on the ground and your hands resting gently in your lap.
.....
- 02 Take a deep breath in through your nose and out through your mouth, relaxing your jaw, and closing your eyes.
.....
- 03 Starting with the top of your head, begin to slowly scan down through your body.
.....
- 04 Notice your forehead, eyebrows, and eyes. With each breath, continue. Notice your neck and shoulders. Let them be soft.



TIP: READ AHEAD OR LISTEN

We recommend reading through the script in full before you begin so you don't have to interrupt your meditation to read. You can also listen to an audio version of this meditation at holstee.com/breathe.

- 05 Bring your attention to your chest, your arms and elbows, your hands resting in your lap. Feel the weight of your body in the chair. The tops of your legs, your knees, your feet against the ground. Observe without judgment.

- 06 Breathe deeply and become aware of your whole body.

- 07 Take as much time as you need, and when you're ready, open your eyes and slowly bring your awareness back into the room.

Welcome back! 🙌 You're on your way to greater awareness and understanding of what you need.

Take a moment to capture any reflections from your experience:

5-4-3-2-1 Grounding Exercise

Some days it might feel like you don't even have five minutes to yourself and your thoughts are scattered in every direction.

On those days, give this grounding exercise a shot. Here's how to do it. Pause, take a healthy, deep, belly breath, and observe:

FIVE things you can **see**

.....

.....

.....

.....

.....

THREE things you can **feel**

.....

.....

.....

FOUR things you can **hear**

.....

.....

.....

.....

TWO things you can **smell**

.....

.....

ONE thing you can **taste**

.....

.....

This is a powerful way to come back to the present moment.
Keep this exercise in your back pocket any time you want to bring a mindful moment into your day.

“ *The good life is a process, not a state of being. It is a direction, not a destination.*

CARL ROGERS

Your Daily D.O.S.E.

D.O.S.E. is an acronym for the four ‘feel good’ chemicals your body naturally produces: **dopamine**, **oxytocin**, **serotonin** and **endorphins**.

Each plays a specific role in your overall happiness.

Dopamine “The Reward Chemical,”

is behind the feeling you get after checking something off a list. It creates feelings of pleasure and reward, motivating you to repeat a specific behavior.

Dopamine can be triggered by learning something new, finishing a project, or from checking social media for new ‘likes’ on a post.

Spark It:

- ☐ **Completing a task**
- ☐ **Self-care activities**
- ☐ **Appreciating every bite**

Oxytocin, “The Love Hormone,”

can be increased through hugs, playing with babies, and petting a furry companion.

This hormone is responsible for our feelings of connectedness and trust. Unlike dopamine, the positive effects of oxytocin tend to be longer lasting.

Spark It:

- ☐ **Giving compliments**
- ☐ **Listening to music**
- ☐ **Opening your mind, arms, and heart to new things and people**

Serotonin, “The Mood Stabilizer,”

is released during grounding activities like breathing exercises, enjoying a warm cup of herbal tea, or getting out into nature. It tends to create a sense of calm, grounded happiness — feeling comfortable with who you are.

Spark It:

- ☐ Meditating
- ☐ Getting sunlight
- ☐ Observing that all emotions can be beautiful

Endorphins, “The Pain Killer,”

are released when your heart is beating faster than normal. It is our body's natural way of reducing feelings of pain, anxiety, and depression. Endorphins are commonly experienced by runners (runner's high) or during other physically demanding activities.

Spark It:

- ☐ Laughing
- ☐ Dancing or running
- ☐ Going out and creating

“Probably the biggest insight...is that happiness is not just a place, but also a process. Happiness is an ongoing process of fresh challenges, and it takes the right attitudes and activities to continue to be happy.”

ED DIENER

“ *A joyful life is an individual creation that cannot be copied from a recipe.*

MIHALY CSIKSZENTMIHALYI

Reflect & Discuss

Use these questions for self-reflection or to spark meaningful conversations.

ICEBREAKERS

*What aspect of wellness
do you find most challenging
to maintain?*

*What was your favorite
physical activity as a kid?
How did it make you feel?*

*If you had to lose one sense
(smell, touch, taste, hearing,
sight) which would it be and why?*

DEEPER QUESTIONS

Can you easily identify what you're feeling most of the time?

*What is one thing you could do every day to improve your well-being?
What (if anything) is stopping you?*

Describe a moment in your life where you felt like you were 100% whole.

*Do you believe you have a soul?
If so, where in your body does it live?*

“ *What is necessary
to change a person
is to change his
awareness of
himself.*

ABRAHAM MASLOW

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For further reading and curated resources visit: holstee.com/wellness