

Figure 2.5: Brainstorming Positive Outcomes of Wellness

Name: _____

The following questions are aligned to the four wellness dimensions taken from Kanold and Boogren's (2022) *Educator Wellness: A Guide for Sustaining Physical, Mental, Emotional, and Social Well-Being*. They are designed to guide your thinking on the possible benefits of committing to improved wellness for each of the four wellness dimensions. Consider the responses in light of the wellness routines that serve to define each dimension. Be prepared to share your ideas with the full wellness team.

1. How might a focus on physical wellness improve student or staff outcomes in the school or district?

Movement:

Food:

Sleep:

2. How might a focus on mental wellness improve student or staff outcomes in the school or district?

Decision:

Balance:

Efficacy:

3. How might a focus on emotional wellness improve student or staff outcomes in the school or district?

Awareness:

Understanding:

Mindfulness:

4. How might a focus on social wellness improve student or staff outcomes in the school or district?

Relationship:

Trust:

Purpose:
