

Better Health Means A Better You Workshop



© Abby England Wellness LLC 2022

Welcome!

First, let me thank you for what you do, day in and day out. The last few years have not been easy, especially on educators, athletics, and administrators. I'm sure you've felt physically exhausted and emotionally drained. We're here today to help you change that and talk about refilling your energy tank.

Energy, vitality, vigor, stamina, etc is needed to help you show up as your best self everyday. Those words can be vague though, so to make it actionable we break it down into the pillars of health: food, sleep, movement, and stress management.

By bringing more awareness and priority to the four pillars of health, it will help you get from **where you are today, to where you want to be.**



Health Goals

Over the course of the next year, if you were to accomplish your 3 biggest health goals, what would those be?

1	2	3

What do you think are your staff's 3 biggest health goals are?

1	2	3

Let's fast forward to a year from now and you DID accomplish those goals (listed above), what does your life look like? What's different about your life as compared to now?

Let's say your staff also accomplished their goals, what's different about their lives vs now? What's different about your team dynamic?

Stress Management

Stress Wheel Exercise:

The wheel is divided into 10 common areas of our lives that can cause stress. (Feel free to personalize as you see fit). Let's assess your highest areas of stress. 'Stress' being anything that causes frustration, anger, sadness. On a scale from 0-10, visually draw a line and rate each area. 10 being "high stress" and 0 being "no stress at all."



Stress Management Ideas

If your stress management were at a 10, what would that look like for you?



Expert Resources

If you'd like to learn more about the four pillars of health, check out the page on my website with books, podcasts, articles, and videos from experts. Scan the QR code and submit your e-mail address for access to these free resources.

To bring the full Wellness Workshop to your coaches and staff, let's chat!

abbyenglandwellness@gmail.com

479-319-8020

www.abbyenglandwellness.com