

Facilitation: Navigate the Great 8

Educational focus points

Participants navigate through 8 stations each representing one dimension of wellness collecting insights, completing action steps, grasping a better understanding of wellness, and building a personalized Wellness Map.

Place 8 stations around the room, one for each dimension: (Flipchart Paper) On the flipchart write the definition of each dimension.

- **Emotional:** managing emotions, coping with stress, and maintaining resilience.
- **Physical:** maintaining a healthy body through exercise, nutrition, and sleep.
- **Social:** building healthy relationships and community connections.
- **Intellectual:** engaging in lifelong learning and mental stimulation.
- **Spiritual:** finding meaning and purpose, aligning action with values.
- **Occupational:** finding satisfaction and purpose in work or volunteer roles.
- **Environmental:** living in harmony with surroundings and promoting sustainability.
- **Financial:** managing finances wisely and planning for the future.

Participants start at any station and rotate every 5 minutes.

FACILITATOR:

Today, you are going to Navigate the great 8 Wellness Dimensions. You will complete fun activities, action steps, reflect, and design your own map for staying well in all 8 dimensions.

Hand out a Wellness Map (a sheet where they collect stickers and write short notes).



The Stations & Activities

1. Emotional Emoji-Emoji Charades

Interactive activity: Participants draw a card with an emoji and act it out and participants guess. (you can make these with index cards-print out different emojis and glue them onto an index card)

Action Step: Discuss how you know when you are starting to hit your emotional limit?

Wellness Map handout: Add one emotional boundary they want to set.

2. Physical Fit-Two-Minute Tune-Up

Mini energizer: demonstrate a stretch (seated or standing), show proper posture (seated or standing), inhale/exhale breathing exercise, or march in place (seated or standing).

Action Step: What is one simple way to add physical activity in your weekly routine?

Wellness Map handout: Add one doable physical habit.

3. Social Wellness-EHC Story Swap/Once upon a time...

Action Step: Volunteers pair up and share a memorable EHC experience (funny, inspiring, or surprising). After 2–3 minutes, rotate partners.

Why it works: Builds camaraderie, strengthens storytelling, and highlights shared values.

Wellness Map handout: List one person they would like to reconnect with this month.

4. Intellectual Wellness – Brain Spark Challenge

Print out an optical illusion and discuss what they see. (Google “optical illusion” and several will populate-print of a few for discussion and display them on the flipchart)

Action Step: How can you open your mind to various perspectives?

Wellness Map handout: Write one learning goal and a new perspective that can open your mind.

5. Spiritual Wellness – 60-Second Centering

Action Step: Choose between: Meditation Moment or Quiet Reflection Exercise. Have chairs at this station for participants to sit in. If possible, this station needs to be in a quieter space. Have participants sit, relax, and close their eyes. You will ask them to inhale slowly and exhale slowly. If your group is not comfortable doing quick meditation. You can have a quiet reflection exercise. For example: Imagine a warm light at the center of your being, representing peace and clarity.

Reflect on these questions silently:

- *What gives my life meaning right now?*
- *Where do I feel most connected to myself, others, or something greater?*
- *What values guide my decisions?*

Wellness Map handout: Gratitude prompt and write one thing that currently gives them purpose or grounding.

6. Occupational Wellness – Work Joy Match-Up

Prepare index cards on the table with words like creativity, organization, teamwork, problem-solving, utilizing analytical abilities, making connections, and building relationships.

Action Step: Participants pick the word that brings them the most joy at work or as they volunteer and share why.

Wellness Map handout: Write one task they want to be more deliberate about.

7. Environmental Wellness – Mini Makeover

Action Step: Provide sticky notes and ask participants to brainstorm ways to improve their workspace, home, or community:

For example: Add a plant, declutter one drawer, create a calming corner.

Wellness Map handout: Add one environmental change they want to try.

8. Financial Wellness – Values Budgeting

Participants prioritize 10 values (family, learning, health, rest, giving...).

Then reflect: How does my spending reflect or not reflect these values?”

Wellness Map handout: Identify one small financial habit to try.

Debrief

What station surprised you the most and why?

- Which wellness dimension felt the easiest for you to connect with?
- Which one challenged you or made you think differently?
- Where did you notice you already have strengths?
- What small action are you most excited to try from your wellness map?

Action Step: Have everyone finish this sentence aloud or silently: *One thing I will do this week is...*

Closing Thought: Wellness is not perfection it is paying attention. Today your map shows where you want to pay attention next.

Materials Needed

Flipcharts, markers, index cards, quiet space with chairs, pen/pencil/paper, Wellness handout(attached).