

How to use *at work*



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1st

Let each person pull a card

Let them read the card silently
to themselves

Ask for a volunteer to lead the
group through a card activity

Talk about wellness

Introduce the 7 wellness areas



Relax



Think



Feel



Connect



Move



Refuel



Create

Reflect

Let them share with the person
next to them their activity and
how they responded to it

Make a plan

Take a meaningful step toward
greater health and happiness