



Lesson 1

RESOURCES LIST

- ❖ USDA's Choose My Plate – <http://www.choosemyplate.gov>
- ❖ Food Pyramid – <http://www.foodpyramid.com>
- ❖ Tracking Tools – [MyFitnessPal | MyFitnessPal](#)
- ❖ Sleep Tools – Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>
- ❖ Centers for Disease Control & Prevention – <http://www.cdc.gov/sleep>
- ❖ Substance Abuse & Mental Health – <https://www.samhsa.gov/find-help/national-helpline>
- ❖ Smoking Cessation – [9 Tools to Help You Successfully Quit Smoking | HowStuffWorks](#)
- ❖ Fins Health Centers – [Find a Health Center \(hrsa.gov\)](#)

UNWRAP



WELLNESS

HOW WILL YOU IMPROVE YOUR PHYSICAL WELLNESS?

I WILL

(E.G. I WILL EXERCISE 30 MINS DAILY)

I NEED

(E.G. PURCHASE WALKING SHOES)



Lesson 2

RESOURCES LIST

- ❖ Brain Games – <https://www.gamesforthebrain.com/>
- ❖ Brain Games – <https://www.mindgames.com/Brain+Games>
- ❖ Books – <https://bookshop.org/>
- ❖ Books – <https://www.barnesandnoble.com/>
- ❖ Books – <https://www.thriftbooks.com/>
- ❖ Travel – <https://www.travelchannel.com/interests/arts-and-culture/photos/best-us-theatres>
- ❖ Events – <https://www.eventbrite.com/>
- ❖ Library – <https://www.worldcat.org/libraries>
- ❖ Learn – <https://www.forbes.com/sites/forbes-personal-shopper/2021/01/22/best-language-learning-apps/?sh=51eb559e1945>

UNWRAP



WELLNESS

HOW WILL YOU IMPROVE YOUR INTELLECTUAL WELLNESS?

I WILL

(E.G. READ 1 NEW BOOK MONTHLY)

I NEED

(E.G. ORDER A LIBRARY CARD)



Lesson 3

RESOURCES LIST

- ❖ Spiritual Activities – <https://spiritualfitclub.com/spiritual-activities-self-care-begin-today/>
- ❖ Find Religious Groups – <https://www.meetup.com/topics/faith/>
- ❖ Support Groups – <https://www.nami.org/Get-Involved/NAMI-FaithNet/Faith-Support-Groups>

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WELLNESS

HOW WILL YOU IMPROVE YOUR SPIRITUAL WELLNESS?

I WILL

(E.G. ATTEND SERVICE 1X WEEKLY)

I NEED

(E.G. GET BAPTIZED)

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WELLNESS

Lesson 4

RESOURCES LIST

- ❖ Emotional Wellness Toolkit – <https://www.nih.gov/health-information/emotional-wellness-toolkit-more-resources>
- ❖ Emotional Wellness Toolkit – <https://wellness.hr.ufl.edu/resources/toolkits/emotional-wellness-toolkit/>

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WELLNESS

HOW WILL YOU IMPROVE YOUR EMOTIONAL WELLNESS?

I WILL

(E.G. RECOGNIZE WHEN AM STRESSED)

I NEED

(E.G. TO TALK TO A THERAPIST)



Lesson 5

RESOURCES LIST

- ❖ [5 Steps to Improve Social Wellness \(firelands.com\)](https://www.firelands.com/5-steps-to-improve-social-wellness)
- ❖ [7 Ways to Successfully Cultivate Social Wellness for Life \(optimumperformanceinstitute.com\)](https://www.optimumperformanceinstitute.com/7-ways-to-successfully-cultivate-social-wellness-for-life)
- ❖ [How to Improve Your Social Health - Community Access Network](#)
- ❖ [Create a Meetup group - Meetup](https://www.meetup.com/create-a-meetup-group)
- ❖ [Eventbrite - Discover Great Events or Create Your Own & Sell Tickets](https://www.eventbrite.com/discover/great-events-or-create-your-own-and-sell-tickets)

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WELLNESS

HOW WILL YOU IMPROVE YOUR SOCIAL WELLNESS?

I WILL

(E.G. GO OUT 2X PER MONTH)

I NEED

(E.G. FIND FUN EVENTS IN MY AREA)



Lesson 6

RESOURCES LIST

- ❖ www.careerbuilder.com
- ❖ www.indeed.com
- ❖ www.monster.com
- ❖ www.simplyhire.com
- ❖ www.ziprecruiter.com
- ❖ www.linkedin.com

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WELLNESS

HOW WILL YOU IMPROVE YOUR OCCUPATIONAL WELLNESS?

I WILL

(E.G. APPLY FOR 1 JOB DAILY)

I NEED

(E.G. TO UPDATE MY RESUME`)

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WELLNESS

Lesson 7

RESOURCES LIST

- ❖ www.unwrapwellness.com
- ❖ https://www.practicalmoneyskills.com/resources/free_materials/practical_money_guides-complete_set
- ❖ <https://www.annuity.org/personal-finance/books/>

UNWRAP



WELLNESS

HOW WILL YOU IMPROVE YOUR FINANCIAL WELLNESS?

I WILL

(E.G. CREATE A FINANCIAL PLAN)

I NEED

(E.G. MY BURNALONG INSTRUCTORS HELP)
