

Idea to increase participation in general: time is likely the largest barrier, especially for administration. Have committee try different wellness initiatives (drink more water, exercise, etc.) for 1 day and reflect on how they were able to make the time for it and then share that out. Could use Pete Morrell's model for tracking how time is used. Perhaps come up with a toolkit with ideas of how to make time for wellness.

Committee member name:

CASEY PEARSON

What wellness initiative did you focus on fitting into your day?

FINDING TIME TO FOCUS ON A BOOK AND SPEND MORE ALONE TIME MINUS "SCREENS."

What barriers did you anticipate?

WORK, FREELANCE AND KIDS. I'VE ALSO FOUND MYSELF SLIPPING INTO SERIES ON NETFLIX AND NOT RELAXING W/ BOOK. STIMULATION INSTEAD OF MEDITATION.

How were you able to overcome those barriers and/or what are you going to try differently next time?

- 1) SCHEDULED TIMES INSTEAD OF RELYING ON INSTINCT.
- 2) SET TIME ASIDE FROM WORK AT LUNCH TIME.

Advice for others trying to fit this healthy habit into their life?

- 1) MAKE SURE IT IS A GOOD BOOK! (U)
- 2) DON'T WAIT UNTIL LAST MINUTE OR (LIKE ME) YOU'LL DOSE OFF.

**Optional worksheet on back for planning wellness into your weekly schedule

- 3) GO TO ANOTHER LOCATION SUCH AS THE LIBRARY OR COFFEE SHOP (IF YOU ARE IN THE CHAOS, IT IS HARD TO GET OUT!)