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 week 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: Courtney Bell

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

Stress management/journaling

-Is this a new initiative you tried, or something you have worked on for a while?

Something that I’ve tried on and off

What barriers did you anticipate?

- Bored by journaling
- Stress reduction through watching “The Bachelor” instead (my life can’t be worse than theirs)
- Not enough time
- Causing stress
- Realizing that I would have a “stress reduction” journal, meaning it would become a “Book of Negativity”

Did not anticipate:

- Not inspired by journal aesthetics
- Too slow (writing versus typing, or writing too many thoughts down)

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

I tried regular journaling and it only lasted 3 days. The sort duration was due to:

- When I do write, I write a lot (too many thoughts).
- Increased time in writing cramped hand, and would make the journal look sloppy. Though this is not a big deal, I have actively practiced “pretty” handwriting since 1st grade (weird, I know).
- Tried using already decorated planner/journal – did not like because it wasn’t creative enough

Decided to use my strengths and try something different.

- Researched different types of journaling (example: bullet journaling)
- Through research, love of storytelling, creativity, and love of checklists to create own journaling style

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

Use your own strengths/skills to develop habits.
Happiness can be found in the darkest of times... if only one remembers to turn on the light.

CHORES
- Bathroom
- Sink
- Floors
- Toilet
- Shower
- Trash
- Kitchen
- Bathroom
- Living room
- Vacuum
- Living room

JUL 15
- Dishes
- Pay Loan

CARDIO
- Strength
- CrossFit
- Walk 5K
- Track Food

READ 30min
- Mindfulness
- Check Finance
- Journal

Thurs 11
It's physically so much work! It's physically so much work!