

Maintaining Your Health and Wellness Toolbox

With partners, list skills and strategies an individual can use to help incorporate wellness into his or her life. With your partners, share your skills and strategies with the class.

Skills and strategies	How is this going to help individuals?	How does this skill or strategy benefit society or the community?	Additional comments
Say one positive thing to a loved one or friend every day.	It will build them up emotionally and spiritually.	It promotes a stronger community and a sense of hope.	