

Be Well

CHEAT SHEET

MUSIC INSPIRATION

Create a Be Well playlist with songs that inspire and fuel you (Burrell Be Well Community on Spotify)

SELF-ASSESSMENT

Rate your weight and do a two-work check in throughout the day

SELF-CARE

Make time for self-care moments every day

MINDFUL MOMENTS

Make time for belly breathing and meditation, even if it's just for a few minutes

JOIN THE BE WELL COMMUNITY

Weekdays
12:45-1:15 on Facebook Live

When I'm Feeling...

5

4

3

2

1

0

I know my glass weight is...

5 Unbearable, cannot function

4 Panicky, lose focus, anxious in the body

3 Upset and uncomfortable, still functioning

2 Moderate anxiety and worry

1 A little bit sad or distressed

0 Calm/Peace

To cope with this weight, I will...

5

4

3

2

1

0

Self-Care Ideas

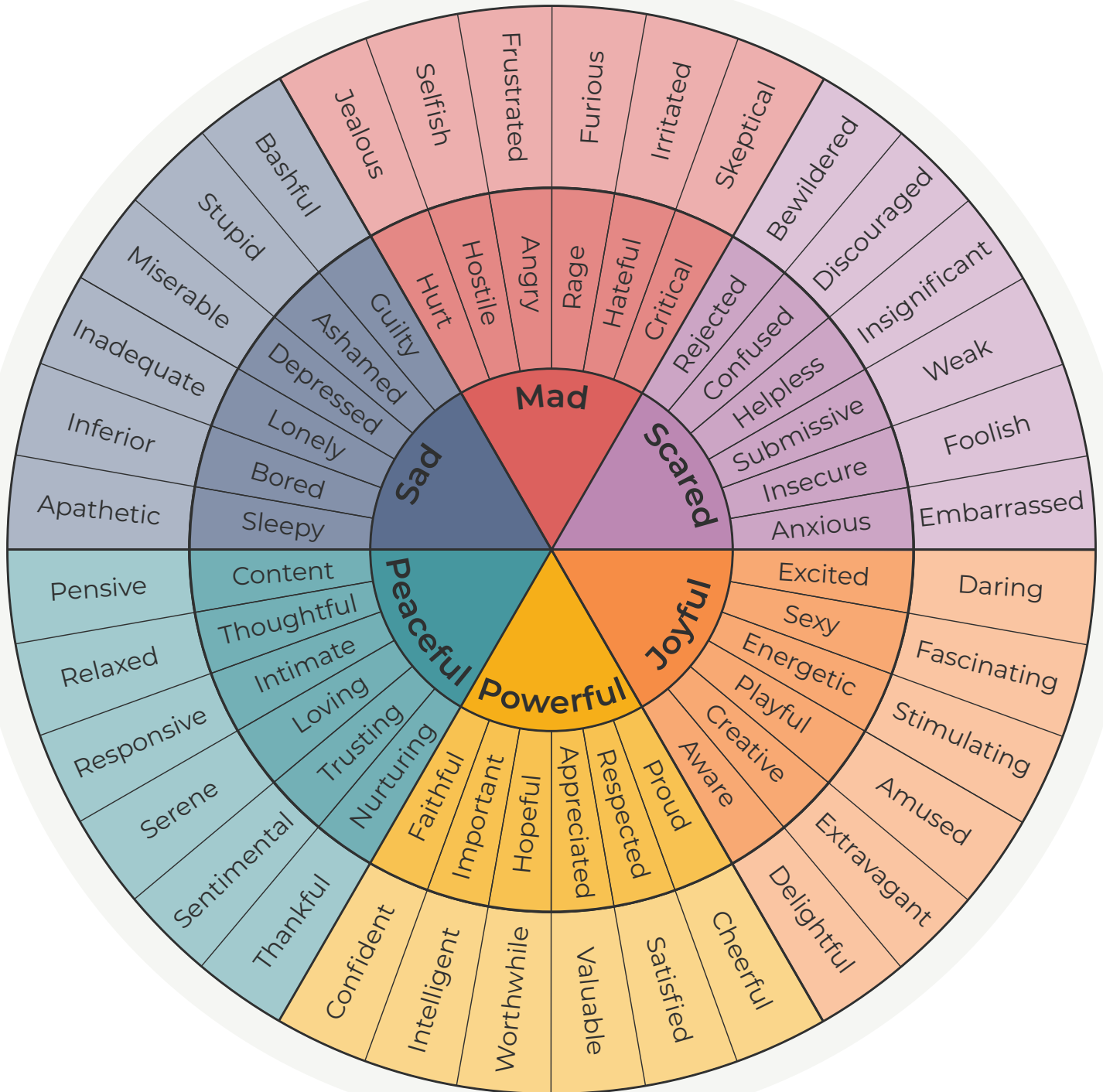
Baking/cooking
Call a friend or family member
Crafting
Dancing
Declutter space in your house
Deep breathing
Drawing
Eat something healthy
Gardening

Go for a drive
Indulge in a treat
Listen to music
Meditation
MyStrength App
Napping/resting
Painting
Playing an instrument
Reading

Send a card or note to a friend or family member
Singing
Take a break from news or social media
Walking/running
Watch a movie
Yoga

Be Well Community

The Feeling Wheel



The Gottman Institute
Developed by Dr. Gloria Willcox

WHAT IS SOMETHING
YOU ARE **GRATEFUL**
FOR TODAY?

WHAT IS SOMETHING
GOOD THAT
HAPPENED TODAY?

HAVE YOU
EXPERIENCED A
GLITCH TODAY?

DO YOU HAVE A
GOAL FOR
THE NEW DAY?



EXPERIENCE THE HEALING POWER OF MUSIC



"BURRELL BE WELL COMMUNITY"

SEARCH IN SPOTIFY OR USE THIS LINK

<https://open.spotify.com/playlist/4En3qKWGCGoWwStg8iXrX?si=RoEGLcaYSxyDUxbbN7Bnaw>