

A Bold Vision for Wellbeing
Reimagine. Revitalize. Refine.

Reimagine



First Responders

First Responders are heroes who keep our communities safe and calm even under difficult and chaotic circumstances. First Responders:

- Have a desire to help their community, especially when help is needed the most
- Are flexible and adaptable to unexpected and challenging situations in order to help others
- Leverage the resources they have to do the best they can, despite the difficult scenarios they are in
- Recognize that self-care and personal wellbeing are critical to be able to help others

Reflection

In what ways are you like a First Responder in your life? At work? At home? In your community?

How does the work you do impact children, their families, and the greater community?

How does your physical, emotional, and mental wellbeing impact your work and life? Interactions with others?

How can you invest in your own wellbeing more effectively?

What support do you need to be able to fully realize your wellbeing potential?

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Fuel

Rest
Move

Purpose
Growth
Meaning

Compassion
Autonomy
Connection

Trust
Voice

Kindness
Belonging
Inclusion
Ownership

Reflection

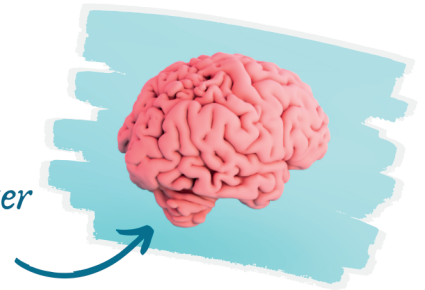
What does wellbeing mean to you? What is your wellbeing vision?

Think about your body, your emotions, your mind, your purpose, your influence on others, and anything else that can help you develop a vision of wellbeing for yourself. Be bold!

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Revitalize the Senses

Safety
Food & Water
Movement
Rest



Reflection

What can you do to create, maintain, or enhance a sense of safety for yourself? Think about any factors you can control or manage that fulfill your basic needs and reduce perceived threats.

Going too long without eating, eating too much, irregular eating patterns, low-nutrient foods, eating too quickly, and poor hydration can be perceived as threats in our system. How can you fuel and hydrate yourself in a way that creates a sense of security for your system?

Moving our bodies regularly and in different and challenging ways signals to our system that we are actively investing in activities associated with having a purpose, being useful in society, and needing our bodies to support those activities. How can you move your body more often or with more intensity to keep it activated?

Insufficient or poor quality sleep, even for one night, activates our threat response system and creates a cascade of negative effects. What can you do to support getting enough quality sleep each night?

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Revitalize Emotions

Acceptance
Inclusion
Voice
Understanding
Support



Reflection

What can you do to enhance the feeling of acceptance of yourself by you and by others? How can you contribute to others feeling more accepted by you and by those around them? Think of people at work, the children you serve, family, friends, community members, or others who are important to you.

How can you advocate and take action for increased inclusion at work and in your communities?

How can you strengthen your own voice, be the voice for the unheard, or amplify the voice of others?

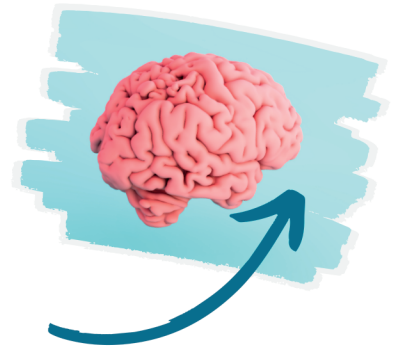
What can you do to feel better understood and to help others to feel the same?

In what ways do you need more support from others and how can you express it? How can you provide support to others who may need it, especially those who don't want to ask for it?

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Revitalize Cognition

Capable
Valued
Influencer
Congruent



Reflection

What are the gifts and capabilities that you bring to the work you do, as a family member or friend, as a community member, in your own self-care, and in any other role you have in life? What hidden capabilities would you like to bring to life more often? What new capabilities would you like to build?

In what ways do you make a difference for others (work, family, friends, community, pet owner, etc.)? How can you celebrate the value you bring to the different roles you play in your life on a more regular basis?

In what ways are you an influencer? How can you leverage your influence to demonstrate your purpose, fulfill your vision for wellbeing, and make an even bigger difference than you already do?

Where do you detect incongruencies between what you believe or want and what you actually do? What can you do to create congruency and alignment?

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Refine Skills

Physical
Emotional
Cognitive



Reflection

What skills do you need to develop to better organize, prioritize, and engage in physical self-care or physical challenges to live out your wellbeing vision? Think about fuel and hydration, moving your body, resting or sleeping adequately, and other physical health-related activities.

What skills do you need to develop to enhance your emotional capabilities? Think about skills such as: recognize your emotions, understand the factors that influence your emotions, determine what your emotions are telling you, manage your emotions effectively, and train underdeveloped emotions. How can you work on those skills?

What skills do you need to enhance your cognitive agility? Think about skills such as: become more aware of your inner voices, thoughts, attitudes, or beliefs, amplify or quiet certain inner voices, challenge and change the aspects of your mindset that aren't working or lead to incongruent behaviors. How can you work on those skills?

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Refine Skills

*Getting to the root
Problem-solving
Adaptive Sustainability*



Reflection

Getting to the root of obstacles or difficulties in making a change is critical to breaking through. In what areas of your life do you feel stuck, feel like you make the same mistake over and over again, or struggle to make the change you want? Take the time to do a root cause analysis on one of these. Think about how your physical, emotional, or cognitive state might influence this area. Think about derailleurs that contribute to the issue. Think about what your system is trying to protect.

Once you understand root causes and contributing factors, you can then go into problem-solving mode. How can you prevent these? How can you manage them differently? How can you look at them in a new way? How can you get support in addressing any of the factors?

Once you establish the habits that support your wellbeing, you can work on sustaining them, but you also have to be prepared for the unexpected situations or changes that may require adaptations. What can you do to train yourself to be adaptive to whatever may come your way? How can you stay congruent with your wellbeing vision even in challenging circumstances?