



Events

• GEAR UP IDAHO •

Family Wellness Event Toolkit

For college and career preparation

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WELCOME

4 | Introduction



Introduction

The purpose of the Family Wellness Toolkit is to provide resources and purposefully orchestrated opportunities to families in your community to learn and develop strategies that will support a happy and healthy life.

Family wellness is a vital factor to thriving communities. Families who are able to make informed choices, manage their basic needs, and tackle pressing social and community issues are better prepared to lead happy, healthy lives. (NIFA, 2023)

The average family spends only 37 minutes of quality time together, per week. (Thomas, 2020) The hecticness of full-time work, school, sports, and many other aspects of being a family-run household can take a toll on quality time. The health benefits of families spending quality time together are almost endless. According to a study, researchers found that stress, happiness, and well-being levels of participants were better predicted by social circle strength than by their physical health. (Lin et al., 2019) This proves just how important consistent, focused time with family or close-friends is to your physical and mental health.

FACILITATOR MANUAL

- 6 | Set-Up and Implementation
- 7 | Supply List
- 8 | Additional Support



Set-Up and Implementation

Depending on your overall vision of using the Family Wellness Toolkit, you can get quite creative with the set of whichever events you hope to facilitate. This toolkit will provide general set-up for a larger event, but you are able to pick and choose which aspects of the set up you want to make your own.

The Family Wellness Toolkit has a variety of implementation opportunities. Whether you are looking to provide a family night event or a simple set-up for parent teacher conferences, this toolkit will give you all the information and flexibility you need to do what works best for your school and community.

Implementation and sample set-ups:



Family Night

Set up one table per activity with 4-6 chairs per table

Have directions available for each activity that encourages self-guided exploration



Career Fair

Tailor your toolkit to fit vital skills needed to be successful in career exploration and work-life balance in the future. Set up however many tables of activities and guide families or students that stop by on how to use the strategies you're modeling for them.



Parent Teacher Conferences

Encourage families to stop by and enjoy a few of the Wellness Toolkit activities as they're visiting teachers in the evening



Sporting Events or Tournaments

Physical activity is a great way for families to spend quality time together! Take advantage of a sporting event or tournament to add a fun family-friendly aspect such as a shoot-around session during halftime and use that as an opportunity to support families and healthy habits. You can also set up activity tables near the concession stands to get students and their families curious about what you're offering.



After-School Workshop

Break the toolkit up into 3 to 4 days, with 2-3 activities per workshop. Allow for families to join and work through each activity with staff support, as they may be navigating new concepts or ideas with their families.

Have families redeem their "Healthy Habits Challenge" prize at games and tournaments to encourage community involvement.

Supply List

Each activity requires little to no additional resources aside from the instruction page, activity page, and a facilitator. This toolkit is created to adapt to any creative vision a facilitator might have.

Feel free to implement your own elements to better assist your audience.



Swapping Habits

Facilitation instruction sheet
Participant activity sheet



Healthy Meals & Snacks

Facilitation instruction sheet
Participant activity sheet
Easy no-prep healthy snack recipe
Budget Bites recipe booklet



Coping with Stress

Facilitation instruction sheet
Participant activity sheet
Coping with Stress strategy pamphlet



Family Financial Goals

Facilitation instruction sheet
Participant activity sheet
Piggy bank container
Markers
Stickers



Family Outing

Facilitation instruction sheet
Participant activity sheet
List of low-cost or free community activities (unique to your community)

- Provide community calendar
- Provide chamber of commerce events
- Identify and provide community assets worth exploring



Family Gratitude Board

Facilitation instruction sheet
Participant activity sheet
Cork board or other type of poster to decorate
Pins, tape, or staples
Markers, colored pencils, crayons
Scissors
Old magazines
List of words of encouragement, affirmations, support, etc.



Family Resource Plan

Facilitation instruction sheet
Participant activity sheet



Family Code Word

Facilitation instruction sheet
Participant activity sheet
“Instead of this, try this” activity cards



Healthy Habits Challenge

Facilitation instruction sheet
Healthy Habits calendar

Additional Support

As you are planning an event or implementing one activity with students and their families, keep in mind that you too can utilize support from your community. Working with community partners, local businesses, professionals in the community, local caterers, and wellness personnel are all great resources.

PRINTABLE RESOURCES

- 10 | Activity Signs
- 19 | Facilitator Instruction Sheets



Swapping Habbits



Healthy Meals & Snacks



Coping with Stress



Family Financial Goals



Family Outing



Family Gratitude Board



Family Resource Plan



Family Code Word



Healthy Habits Challenge



Swapping Habits

Facilitator Instructions

We have all fallen victim to a bad habit or two. Whether it's nail biting, leaving the toilet seat up, or something more detrimental to our health, we are all guilty of it. By definition, a habit is an acquired repetitive behavior that tends to be involuntary (something you can't control). While there are some habits that may be harmless, there are other habits that have an impact on our personal health, relationships and sometimes the health and relationships of others. Today, we are going to discuss how we can flip the script with unhealthy habits by trading them for more productive, healthier options.

When it comes to a habit, there is a true reason why it is considered involuntary. Habits form through a self-reinforcing loop. You may be triggered by something, such as stress, which leads to a routine reaction or behavior, which then leads to a certain effect—good or bad. Giving up a habit isn't done by the flip of a switch. The best thing we can do is acknowledge the changes we want to make, and then formulate a plan that will be supportive of making those changes now or in the future.

Activity

Complete a "Swapping Habits" worksheet. Then, discuss your answers as a family and come up with ways in which you can support each other in making positive changes.

Accountability Partners

Swapping unhealthy habits with healthy habits is no small feat. There are many elements that play into creating a habit, and sometimes those changes can't be made in an instant. Keep in mind the discussion you have at your table/with your family/friends. Support your family and friends by checking in on their swapping habits journey, hold them accountable to their goals, and show continuous support as they navigate this challenge.



Healthy Meals & Snacks

Facilitator Instructions
(page 1 of 3)

There is nothing more stressful than planning a meal for your family, when everyone has their own unique taste palette and most likely won't eat what you make anyways. Worse than that, you must do it 7 days a week! We're going to discuss some budget friendly healthy meals and snacks that the whole family **might** enjoy (Heavy on might, especially if you have a toddler), as well as some tips and tricks to stay on track.

Eating Healthy on a Budget Tips

Plan your recipes — planning ahead allows you to be thoughtful about your food needs, tastes, and budget.

Shop with a list — this keeps you on track, and adds a sense of accountability from straying from the necessities.

Buy frozen or canned — Veggies are veggies, frozen or not! This tip helps save money by avoiding spoiled food before you can use it.

Buy store brands — I know generic isn't always the first pick, but for the most part it is all the same. Buy store brands whenever possible to save money.

Budget Bites Resources

Pinterest.com — the holy grail of recipes!

Budgetbytes.com — exactly how it sounds... so many budget-friendly recipes!

Prudentpennypincher.com — Crockpot recipes galore!

Budget Friendly Meals & Snacks



Sheet Pan Meals



Crockpot/Slow Cooker meals



Pastas



Soups

Activity

Think of one meal that your household has on rotation—one that you have at least once a week, one that your family is most likely tired of. Chances are, you repeat this meal because of the budget-friendly ingredients or ease of preparation. Using the resources provided, your memory, or the internet, work as a family to come up with a recipe you can make together. Once you create your recipe, assign everyone in your family a role so that all are contributing to the process.



Recipes



Sheet Pan Kielbasa, Potatoes, and Green Beans

(serve 4 @ \$2.37 per serving)

PREP	COOK	TOTAL
10 MINS	35 MINS	45 MINS

Ingredients

- 3-4 potatoes
- 12-oz (1 package) of kielbasa
- 1 yellow onion
- 12 oz (1 bag) of frozen peas
- Oil of choice
- Seasonings of choice

Directions

1. Preheat oven to 400 degrees. Wash and slice the potatoes. Slice kielbasa into medallions. Dice onion.
2. Add potatoes, kielbasa, onion, and frozen green beans to a large baking sheet. Drizzle with oil and sprinkle desired seasonings.
3. Transfer the baking sheet to the oven and cook for 20 minutes. Give a stir and cook for an additional 15 minutes. Serve hot!



One-Pot Cheeseburger Pasta

(serves 4 @ \$2.50 per serving)

PREP	COOK	TOTAL
10 MINS	20 MINS	30 MINS

Ingredients

- 1 yellow onion
- Oil of choice
- ½ lb of hamburger
- 2 tbsp of flour
- 8oz can of tomato sauce
- 2 cups of beef broth
- 1 cup of pasta shells
- 4 oz shredded cheese

Directions

1. Dice onion and add the onion, oil, and ground beef to a skillet on medium heat. Cook until fully browned and drain excess grease.
2. Add flour and stir until evenly distributed
3. Add tomato sauce and beef broth
4. Add uncooked pasta to the skillet, stir to combine.
5. Place a lid or cover on the skillet, turn the heat up to medium-high. Once the liquid comes to a boil, remove the cover and stir. Turn the heat down to low, and return the cover for 10 minutes.
6. Add the shredded cheese and stir until it is melted. Serve hot.



Recipes



Apple Cookies

Ingredients

- Apples
- Peanut butter
- Almonds, sliced
- Walnuts, chopped
- Shredded coconut
- Chocolate chips

Directions

1. Slice apples into thin rings, and remove the core.
2. Spread peanut butter over one side of the apple ring.
3. Top with desired ingredients, and enjoy!



Coping with Stress

Facilitator Instructions
(page 1 of 2)

There is no perfect way to cope with stress. The process of finding the best coping strategies for yourself is sometimes trial-and-error. We are going to discuss ways to hold ourselves accountable when it comes to stressful situations and the best ways to support our family when they are experiencing their own stressful moments.

Dealing with Stress: For You, Family, & Friends!

The best way to be prepared to support others when they are experiencing stress is to have an understanding of your own stressors and the ways you manage those. Taking on someone else's stress can be a lot to handle at times, so having your own way of managing yourself in stressful situations is an important step.

Dealing with Stress in a Healthy Way

Evaluate your lifestyle—ask yourself what causes the most stress in your life right now. Evaluate those stresses and find ways to lessen or eliminate those stresses from your life. What action steps can you take to lighten those stresses?

Create a Healthy Environment—Your home, workspace, or work environment can affect your behavior. When your room or personal space is in disorder, that can sometimes increase the internal stress you are feeling. Create a calm and relaxing space for yourself for when you are feeling extra stressed and need to reset. Clean your room, your car, your locker at school and allow for a space where you can get back to a calm and collected state.

Focus on Yourself—When you feel overwhelmed, it is easy to fall into unhealthy habits and cycles. When you are stressed, make the conscious decision to prioritize your body's needs. This could mean taking a walk, drinking more water, eating some fruit, or even going to bed early. You cannot pour from an empty cup, and stress only drains that cup even more. Prioritize your personal health and wellbeing, and that might be what gets you out of a stressful state.

Change one Habit at a Time—You may find yourself in a stressful state, and you come up with a laundry list of changes you want to make to get rid of that feeling. As they say, "Rome was not built in a day", and you can't change everything in a day or two either. If you have taken the time to think about the aspects of your life you could change that will help improve a majority of your stress, pick ONE. Pick one change you want to make, and apply the dedication it'll take to make that change. After you check that first box, you can check the next and the next. Be patient with yourself and trust the process!

Talk About It—This seems like the simplest strategy, but it sure does work! Having a neutral, open ear when you are dealing with overwhelm, burnout, or general stress is such a valuable resource. If you are looking to talk



Coping with Stress

Facilitator Instructions
(page 2 of 2)

to someone, choose a family member, friend, or other trusted adult that you know provides a safe space for you to share your concerns and stresses without being shut down or dismissed. If you have tried talking to someone in the past and it did not work out, do not be discouraged. Be strategic about who you speak to in the future, but do not shy away from such a great way to build trust and community with your peers and community members.

Know Your Stress Signals—You can't avoid stress for the rest of your life, but there are ways to understand your stressor points and how to get ahead of the game when it comes to the impact it can have on you. Understanding your stress signals or what exactly is stressing you out is a great way to be deliberate about when to use your coping strategies. For example, if you know being late for work is extremely stressful and puts you in a short-tempered mood, take the steps you need to avoid that. Leave a little early or ask your children/siblings to wake up 10 minutes sooner than usual. If you are past the point of avoiding a stressful situation, try using positive self-talk to work through a stressful event you can't avoid.

EXAMPLE: *"I am running late, but that is okay. The amount of traffic is out of my control, and I will still make it to work within 15-minutes."*

Stress Relieving Activities

- Meditation
- Yoga
- Nature Walk
- Extra Sleep
- Journaling
- Exercise

**Provide one stress-relieving activity for families to try at the end of the information-portion of this activity.

Activity

Complete the stress reflection activity by yourself or with your family. Use the strategies described today to help brainstorm some positive ways to handle day-to-day stress.



Family Financial Goals

Facilitator Instructions

Setting financial goals are easier said than done. In the financial climate of today's world, saving money in any capacity can be a challenge. Although you may not be in a position to make big saving strides, it is never a bad time to practice healthy financial habits within your family. There are many benefits to saving as a family, and its not just reaching the savings goal and reaping the benefits!

Saving as a family encourages healthy financial habits in children—modeling wise financial decisions for young children can help them adopt responsible spending and financial habits.

Short-term and long-term goals are more attainable with family saving—Creating a savings plan and sticking to it as a family is a great way to hold each other accountable and reach financial goals together.

You could free up cash flow by saving as a family—again as you're working together for a common goal, it holds everyone involved more accountable. You don't want to be the one to let the group down by making an impulsive purchase that only benefits yourself. On that same note, your family will stick to that same disciplined behavior as they watch you model it.

Saving as a family helps prepare for unexpected financial expenses—Depending on what you are saving for, this could help prepare your family for unexpected financial expenses. Saving what you can, whether it is \$20 or \$1, that puts you one to twenty steps ahead of an unforeseen expense (flat tire, medical expense, etc.)

Saving as a family increases overall financial wellness—The most considerable benefit to saving is its impact on your family's financial wellness. Your family's financial wellness is the ability for your family to control your finances and have the financial freedom to achieve your goals.

Discussion

Working with your family at the table, decide on a mutual goal you want to reach financially. This can be big or small. Do you want to take a vacation? Do you want to go camping this summer? Do you want to have Domino's one Friday this month? It doesn't matter, no goal is too big or too small. Come up with a mutual goal between you family and discuss some strategies you will use to help you achieve it.

Activity

Grab a box (or whichever piggy bank container you decided on) and decorate that box with your family. Add any special elements you want to be there as you're working towards your mutual financial savings goal. Have each member of your family sign the bottom of the box to signify your dedication to supporting each other in reaching this goal.



Family Outing

Facilitator Instructions

The average family spends only 37 minutes of quality time together, per week. (Thomas, 2020) The hecticness of full-time work, school, sports, and many other aspects of being a family-run household can take a toll on quality time. Studies have found the health benefits of families spending quality time together are almost endless. There are some great, inexpensive family outing options, whether it is taking a walk or joining a free community event. We are going to discuss where to find details on family outing opportunities, resources in the community, and then we will plan your next family outing!

Community Resources

Depending on where you're from, you have an opportunity to attend free or low-cost community events. The bigger the city, the more events you will find—but I have known some rural communities to put on quite an engaging event for their local citizens. To get started, let's talk about where you can look for event details.

- Chamber of Commerce
- Community Event Calendar
- Local Church Event Calendars
- Local School Event Calendars

Low-Cost or Free Outing Ideas

- Hike a local trail
- Ride or walk a local bike path
- Volunteer at your local Senior Center
- Walk dogs at a local animal shelter
- Play an outdoor game (soccer, basketball, volleyball, etc.)
- Have a picnic
- Visit the Public Library

**This activity will require some pre-workshop research and gathering of local resources to help families as they are working through the activity portion.

Activity

Family Outing Brainstorm

We are going to use some time to plan a family outing together. Think about the resources we discussed, as well as what your family enjoys doing together. Fill out your "Planned Family Outing" worksheet, and get your outing on the calendar!



Gratitude is a form of showing thankfulness or appreciation of someone or something. Showing gratitude has positive effects not only on those who display the gratitude, but especially for those who are receiving the gratitude. According to Behavioral Health expert, Allie DePoy, studies show that those who express gratitude regularly appear to have a more positive outlook on life. Sharing gratitude can improve social bonds, and people have reported feeling more loved and more connected to others in their lives when they routinely practice gratitude or those around them practice gratitude. (DePoy, 2020)

Activity

Practice Gratitude Activity

Expressing words of affirmation, encouragement, support and generally kind statements is an easy way to further your connection and bond with your family. The best part—it doesn't take anything other than an original, kind thought.

Directions: With someone sitting next to you, try practicing gratitude with them. Think about something you admire about them, something you wish they knew about themselves, or offer them a genuine compliment.

1. How did you feel when you showed someone gratitude?
2. How did you feel when someone else was showing you gratitude?
3. What are ways you can show people in your life gratitude more regularly?

Family Gratitude Board Activity

The best way to implement gratitude is by intentionally finding time to do so. Today we are going to create family gratitude boards that can be put up and displayed in your home. This is an opportunity for you to show gratitude to anyone or everyone in your family at any given time. You can pin words of affirmation, write special notes, or individual compliments to your family members to keep the positive effects of affirmations going inside and outside of your home.



Family Resource

Facilitator Instructions

The first connection for every person in the world is their family. A family has a duty to ensure each of its members is able to access and utilize their family resources in an emergency or time of need. Family resources are what may be utilized by one's own circle of relatives to deal with tough situations. Those resources might include social, cultural, religious, financial, and medical. It is important that your family understands their resources and options when it comes to an unexpected event or emergency. Having all the vital information in one place, where the whole family can access it, will ensure a level of preparedness when it comes to your family response.

Unexpected Events & Emergency Scenarios

Think about each unexpected event or emergency listed below. Brainstorm with you family about what type of response you would have based on the family resources you currently have.

- A family member is sick
- A relative is injured, and needs to go to the ER
- A family member has been in a minor car accident
- The family babysitter cancelled
- Dog ran out of the yard, and is missing
- A candle catches a close-by curtain on fire
- A family member has been laid off or lost their job

Resource Brainstorm

You may have easily come up with family-tied resources to handle the scenarios above, but there may have also been some scenarios you were unprepared to respond to. Based on the generic unexpected events and emergencies listed below, clarify which specific type of

resource would be the most helpful in that situation.

****word bank of types of resources****

Primary care provider, urgent care, emergency room, grandparent, sibling, trusted adult, local humane society, animal control, fire department, police department, Department of labor, community center

- Illness
- Injury
- Rash
- Cancelled Childcare
- Missing Dog
- House Fire
- Lost Job

Resource Brainstorm

Make a Plan

After brainstorming with your family, create your own emergency plan and vow to place it in a spot accessible to the entire family. Work together to ensure the resources and information on your family resource plan are accurate and up to date.



Family Code Word

Facilitator Instructions
(page 1 of 2)

Communication within a family is extremely important because it allows members to express their needs, wants, and concerns to each other. Open and honest communication creates a safe space that allows family members to express their needs as well as love for one another.

Those that we are closest to are usually the ones who fall victim to our less than kind communication during stressful times. The best way to guarantee family communication stays healthy and supportive is by choosing constructive ways to connect. Helpful communication expresses needs and emotion without hurting others throughout the statement.

How Do You Communicate?

Think about ways that you communicate your needs to your family. How do you express different emotions and feelings depending on the circumstance? Let's reflect.

Emotion	Communication
Happy	_____
Sad or Grieving	_____
Angry or Irritated	_____
Exhausted or Overtired	_____
Stressed	_____
Relaxed	_____
Embarrassed	_____

Another Way to Say

We are going to do a family challenge. You have a stack of cards on your table with some common responses to certain emotions or stresses you might be feeling on a day-to-day basis. With your family or people at your table, find another way to say the statement or phrase that communicates the same need but with kinder words and delivery.

(Perforated lines for print-out of cards so facilitator can cut out cards ahead of time with each 'scenario' and 'first response' on it)



Family Code Word

Facilitator Instructions
(page 2 of 2)

Scenario

You just found out your family pet is really sick, and your younger sibling comes up to you singing and dancing to try and make you feel better.

First Response: Stop that!

Scenario

You're at your first basketball game of the season, and your parents painted their faces and made signs with your childhood nickname on it.

First Response: You're so embarrassing!!

Scenario

You've had a long day, and decide to sit on the couch to watch your favorite TV show. Your family member immediately walks up to you and starts explaining how they painted their action figure.

First Response: Get out of my face!

Scenario

You forgot about an important deadline, and have to rush to complete a project before school or work the next morning. Your family member wants you to play a boardgame with them just as you're sitting down to get your work done.

First Response: I don't have time for that!

Scenario

After getting into an argument with a close friend, you decide to go to your room and close the door. Your family member barges in to ask you to clean your room.

First Response: Leave me alone!

Scenario

You couldn't fall asleep last night, so you are running on only 4 hours of sleep. Your family member just got a new karaoke machine, and they only like Rob Zombie songs right now.

First Response: Shut up!

Scenario

It is Sunday night, and you're dreading your responsibilities on Monday. Your family member comes up to you and starts listing off all the work you have to get done in the following week.

First Response: That is so annoying!

Scenario

Your family member just made dinner for everyone, but they added tomatoes to the meal. YOU HATE TOMATOES!

First Response: Eww!! That looks gross.



Healthy Habits Challenge

Facilitator Instructions

Participate in one healthy habit in the habits bank each day of the week! Challenge your family members to participate with you.

Daily Healthy Habits Bank

- Drink half body weight in ounces of water
- Eat 1 serving of vegetables or fruit
- 20-minutes of activity
- Removed 1 unhealthy habit
- Positive interaction/communication with family member
- Accomplished one small, personal goal
- Expressed gratitude
- Communicated a with a family member in a healthy way
- Self-care activity
- Creative activity

Accountability Chart

Family Member	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday
1							
2							
3							
4							
5							
6							

PARTICIPANT RESOURCES

33 | Activity Sheets





Swapping Habbits

List two **good** or **healthy** habits that you currently have.

1.

2.

How would you label these bad habits?

(unhealthy, dangerous, unproductive, frustrating)

What is one “good” or healthy habit you can exchange for an unhealthy habit?

List two **bad** or **unhealthy** habits you currently have.

1.

2.

What are the long-term effects of your bad habits?



Swapping Habbits

What small actions can you take right now to encourage this change?

How long can you commit to this change?

(one day, one week, one month, etc)

How do you think making this change could impact your life now?

How do you think making this change could impact your life in the future?

How could making this change impact your family or other relationships?



Tips for Eating Healthy on a Budget

Plan your recipes — planning ahead allows you to be thoughtful about your food needs, tastes, and budget.

Shop with a list — this keeps you on track, and adds a sense of accountability from straying from the necessities.

Buy frozen or canned — Veggies are veggies, frozen or not! This tip helps save money by avoiding spoiled food before you can use it.

Buy store brands — I know generic isn't always the first pick, but for the most part it is all the same. Buy store brands whenever possible to save money.

Dinner on a Budget

Recipe Card

FAMILY MEMBER NAME:

ROLE:

RECIPE NAME:

Ingredients

Shopping List

Cooking/Preparation Steps

Cooking/Preparation Steps



Dealing with Stress: For You, Family, & Friends!

The best way to be prepared to support others when they are experiencing stress is to have an understanding of your own stressors and the ways you manage those. Taking on someone else's stress can be a lot to handle at times, so having your own way of managing yourself in stressful situations is an important step.

Dealing with Stress in a Healthy Way

Evaluate your lifestyle—ask yourself what causes the most stress in your life right now. Evaluate those stresses and find ways to lessen or eliminate those stresses from your life. What action steps can you take to lighten those stresses?

Create a Healthy Environment—Your home, workspace, or work environment can affect your behavior. When your room or personal space is in disorder, that can sometimes increase the internal stress you are feeling. Create a calm and relaxing space for yourself for when you are feeling extra stressed and need to reset. Clean your room, your car, your locker at school and allow for a space where you can get back to a calm and collected state.

Focus on Yourself—When you feel overwhelmed, it is easy to fall into unhealthy habits and cycles. When you are stressed, make the conscious decision to prioritize your body's needs. This could mean taking a walk, drinking more water, eating some fruit, or even going to bed early. You cannot pour from an empty cup, and stress only drains that cup even more. Prioritize your personal health and wellbeing, and that can be what gets you out of your stressful state.

Change One Habit at a Time—You may find yourself in a stressful state, and you come up with a laundry list of changes you want to make to get rid of that feeling. As they say, "Rome was not built in a day", and you can't change everything in a day or two either. If you have taken the time to think about the aspects of your life you could change that will help improve a majority of your stress, pick ONE. Pick one change you want to make, and apply the dedication it'll take to make that change. After you check that first box, you can check the next and the next. Be patient with yourself and trust the process!

Talk About It—This seems like the simplest strategy, but it sure does work! Having a neutral, open ear when you are dealing with overwhelm, burnout, or general stress is such a valuable resource. If you are looking to talk to someone, choose a family member, friend, or other trusted adult that you know provides a safe space for you to share your concerns and stresses without being shut down or dismissed. If you have tried talking to someone in the past and it did not work out, do not be discouraged. Be strategic about who you speak to in the future, but do not shy away from such a great way to build trust and community with your peers and community members.

Know Your Stress Signals—You can't avoid stress for the rest of your life, but there are ways to understand your stressor points and how to get ahead of the game when it comes to the impact it can have on you. Understanding your stress signals or what exactly is stressing you out is a great way to be deliberate about when to use your coping strategies. For example, if you know being late for work is extremely stressful and puts you in a short-tempered mood, take the steps you need to avoid that. Leave a little early or ask your children/siblings to wake up 10 minutes sooner than usual. If you are past the point of avoiding a stressful situation, try using positive self-talk to work through a stressful event you can't avoid.

EXAMPLE: *"I am running late, but that is okay. The amount of traffic is out of my control, and I will still make it to work within 15-minutes."*



Family Planning Action Steps:

(Complete this with your family)

1. What is one thing you would like to save money for?
2. Is this a long-term or short-term money saving goal?
3. How can you support your family in reaching this savings goal?
4. How can your family support you in reaching this savings goal?
5. How much will it cost to achieve your savings goal?
6. How much time do you have to achieve your savings goal?
7. Take the amount of money your savings goal is and divide that by the number of months you have to reach your savings goal. How much money do you need to save weekly? How much money do you need to save monthly?

DIY Piggy Bank

Grab a box (or whichever piggy bank container you decided on) and decorate that box with your family. Add any special elements you want to be there as you're working towards your mutual financial savings goal. Have each member of your family sign the bottom of the box to signify your dedication to supporting each other in reaching this goal.



Community Resources

- Chamber of Commerce
- Community Event Calendar
- Local Church Event Calendars
- Local School Event Calendars

Low-Cost or Free Family Outing Ideas

- Hike a local trail
- Ride or walk a local bike path
- Volunteer at your local Senior Center
- Walk dogs at a local animal shelter
- Play an outdoor game (soccer, basketball, volleyball, etc.)
- Have a picnic
- Visit the Public Library

Family Outing Brainstorm

Step 1: Location

Decide on where you will be going for your family outing. If everyone agrees, that makes it easy—otherwise, use majority rules to guide your final decision.

Step 2: Discuss duration of the trip

How long will your family outing be? Decide when you will leave and return from your outing. Make sure to take into consideration pre-scheduled obligations for others in your family, as well as general schedules such as lunch/dinner.

Step 3: Plan out a budget and supplies needed

Decide how much money you will spend on your family outing. Do you want to spend under \$20? Or no money at all? What supplies or materials will you need to enjoy the outing? If you're hiking, you might want to bring small snacks, water, and sunscreen.

Step 4: Add a crisis management plan

It's never a bad idea to have a plan of action for unforeseen emergencies while on a family outing. Think about what you can have with you or be prepared to do depending on your outing. You might want to bring Band-Aids or a whole first-aid kit, you may want to make sure your phone is completely charged in case you need to make an emergency phone call, etc.

Family Outing Brainstorming Area



Practice Gratitude

Directions: With someone sitting next to you, try practicing gratitude with them. Think about something you admire about them, something you wish they knew about themselves, or offer them a genuine compliment.

1. How did you feel when you showed someone gratitude?
2. How did you feel when someone else was showing you gratitude?
3. What are ways you can show people in your life gratitude more regularly?

Activity

The best way to implement gratitude is by intentionally finding time to do so. Today we are going to create family gratitude boards that can be put up and displayed in your home. This is an opportunity for you to show gratitude to anyone or everyone in your family at any given time. You can pin words of affirmation, write special notes, or individual compliments to your family members to keep the positive effects of affirmations going inside and outside of your home.



Emergency Information

Stay calm. Describe the emergency. Do not hang up the phone.

HOME PHONE:

HOME ADDRESS:

DIRECTIONS:

Emergency Contact Numbers:

Police Department:

Fire Department:

Ambulance:

Poison Control Center:

Emergency Medical:

Family Physician:

Parent Cell Number:

Parent Work Number:

Parent Cell Number:

Parent Work Number:

Trusted Neighbor Number:

Trusted Friend/Relative Number:

Other numbers:

Family Emergency Plan:

We will meet here:

Or Here:

Our emergency contact is:

Phone:

Address:

First Aid Kit is located:



How Do You Communicate?

Think about ways that you communicate your needs to your family. How do you express different emotions and feelings depending on the circumstance? Let's reflect.

Emotion	Communication
Happy	
Sad or Grieving	
Angry or Irritated	
Exhausted or Overtired	
Stressed	
Relaxed	
Embarrassed	

Another Way to Say

We are going to do a family challenge. You have a stack of cards on your table with some common responses to certain emotions or stresses you might be feeling on a day-to-day basis. With your family or people at your table, find another way to say the statement or phrase that communicates the same need but with kinder words and delivery.

Scenario

You just found out your family pet is really sick, and your younger sibling comes up to you singing and dancing to try and make you feel better.

First Response: Stop that!

What emotion are you most likely feeling?

New Response:

Scenario

You're at your first basketball game of the season, and your parents painted their faces and made signs with your childhood nickname on it.

First Response: You're so embarrassing!!

What emotion are you most likely feeling?

New Response:



Scenario

You've had a long day, and decide to sit on the couch to watch your favorite TV show. Your family member immediately walks up to you and starts explaining how they painted their action figure.

First Response: Get out of my face!

What emotion are you most likely feeling?

New Response:

Scenario

You forgot about an important deadline, and have to rush to complete a project before school or work the next morning. Your family member wants you to play a boardgame with them just as you're sitting down to get your work done.

First Response: I don't have time for that!

What emotion are you most likely feeling?

New Response:

Scenario

After getting into an argument with a close friend, you decide to go to your room and close the door. Your family member barges in to ask you to clean your room.

First Response: Leave me alone!

What emotion are you most likely feeling?

New Response:

Scenario

You couldn't fall asleep last night, so you are running on only 4 hours of sleep. Your family member just got a new karaoke machine, and they only like Rob Zombie songs right now.

First Response: Shut up!

What emotion are you most likely feeling?

New Response:

Scenario

It is Sunday night, and you're dreading your responsibilities on Monday. Your family member comes up to you and starts listing off all the work you have to get done in the following week.

First Response: That is so annoying!

What emotion are you most likely feeling?

New Response:

Scenario

Your family member just made dinner for everyone, but they added tomatoes to the meal. YOU HATE TOMATOES!

First Response: Eww!! That looks gross.

What emotion are you most likely feeling?

New Response:



Participate in one healthy habit in the habits bank each day of the week! Challenge your family members to participate with you.

Daily Healthy Habits Bank

- Drink half body weight in ounces of water
- Eat 1 serving of vegetables or fruit
- 20-minutes of activity
- Removed 1 unhealthy habit
- Positive interaction/communication with family member
- Accomplished one small, personal goal
- Expressed gratitude
- Communicated a with a family member in a healthy way
- Self-care activity
- Creative activity

Accountability Chart

Family Member	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monday
1							
2							
3							
4							
5							
6							

ADDITIONAL RESOURCES

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- 47 | Works Cited
- 48 | Notes & Ideas
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Glossary

Accountable

Obligation to report, explain or justify something; responsible; answerable.

Accountability

State of being accountable, liable, or answerable.

Admire

To regard with wonder, pleasure, or approval.

Affirmation

Something that is affirmed; a statement or proposition that is declared to be true.

Alleviate

To make easier to endure; lessen

Angry

Enraged; greatly provoked or irritated; mad

Crisis

A dramatic emotional or circumstantial disturbance in a person's life.

Deliberate

Carefully weighed or considered; intentional

Embarrassed

To cause a confusion and shame to; make uncomfortably self-conscious.

Exhausted

Drained of strength or energy; worn-out.

Gratitude

The quality or feeling of being grateful or thankful.

Genuine

Authentic; real.

Grieving

To distress mentally; cause to feel grief or sorrow.

Happy

Delighted, pleased, or glad, over a particular thing.

Implement

Any object/thing used in some activity, especially an instrument, tool, or utensil.

Implementation

The act of implementing, or putting into effect; fulfillment.

Intentional/Intentionally

Done with intention or on purpose; intended; with conscious intent.

Irritated

Angered, provoked, or annoyed.

Relaxed

Being free of or relieved from tension or anxiety.

Sad

Affected by unhappiness or grief; sorrowful or mournful.

Stressed

To experience stress or worry.

Vital

Necessary to the existence, continuance, or well-being of something; essential.

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Contact GEAR UP Idaho

College & Career Readiness

(208) 332-6946

jdeahl@sde.idaho.gov

(208) 332-6943

jhopper@sde.idaho.gov

