

the work wellness deck

The Work Wellness Deck: Your Guide to a Thriving Workplace

Feeling burnt out? Dragging yourself to work each day? You're not alone. Millions of employees globally struggle with workplace stress, impacting productivity, morale, and even their physical health. But what if there was a simple, yet powerful tool to help you – and your entire team – cultivate a more vibrant and healthy work environment? Enter: The Work Wellness Deck. This comprehensive guide will explore what the Work Wellness Deck is, how it works, and how it can revolutionize your approach to workplace well-being. We'll delve into practical strategies and actionable steps you can implement immediately to boost your team's overall wellness.

What is The Work Wellness Deck?

The Work Wellness Deck isn't a physical deck of cards in the traditional sense. Instead, it's a metaphorical framework, a collection of strategies and resources designed to build a culture of wellness within your workplace. It's a holistic approach that encompasses physical, mental, and emotional well-being, recognizing that these elements are interconnected and vital for a thriving team. Think of it as a customizable toolkit, adaptable to the unique needs and challenges of your specific organization.

This "deck" comprises various cards, each representing a crucial aspect of workplace wellness. These "cards" might include initiatives like:

Mindfulness & Meditation Programs: Incorporating short mindfulness exercises or guided meditations into the workday to reduce stress and improve focus.

Ergonomic Assessments & Adjustments: Ensuring workstations are properly set up to prevent physical strain and discomfort.

Mental Health Resources & Support: Providing access to counseling services, employee assistance programs (EAPs), and mental health awareness training.

Healthy Eating Initiatives: Promoting healthy eating habits through subsidized healthy lunches, wellness challenges, or educational workshops.

Flexible Work Arrangements: Offering options like remote work, flexible hours, or compressed workweeks to improve work-life balance.

Team-Building Activities & Social Events: Fostering camaraderie and connection through fun activities and social gatherings outside of work.

Stress Management Techniques: Teaching employees effective coping mechanisms for stress, such as deep breathing exercises, yoga, or time management strategies.

Open Communication & Feedback Channels: Creating a safe and supportive environment where employees feel comfortable sharing concerns and providing feedback.

Wellness Challenges & Incentives: Motivating employees to adopt healthy habits through friendly competitions and rewards.

Regular Breaks & Vacation Time Enforcement: Encouraging employees to take regular breaks throughout the day and utilize their allocated vacation time.

Building Your Work Wellness Deck: A Step-by-Step Guide

Creating an effective Work Wellness Deck requires a strategic approach. Here's a step-by-step guide to help you build yours:

1. **Assessment & Needs Identification:** Begin by assessing your current workplace culture. Conduct surveys, hold focus groups, and gather feedback from employees to identify their specific wellness needs and concerns. What are the biggest stressors? What are the areas where employees feel most unsupported?
1. **Prioritization & Resource Allocation:** Based on your assessment, prioritize the most pressing needs. Determine the resources – both financial and human – available to implement your chosen initiatives. Start small and build momentum.
1. **Program Implementation & Communication:** Clearly communicate your wellness initiatives to employees. Provide training, resources, and support to ensure successful implementation. Make it easy for employees to participate.
1. **Monitoring & Evaluation:** Regularly monitor the effectiveness of your programs. Track participation rates, gather feedback, and measure the impact on employee well-being and productivity. Adjust your approach as needed.
1. **Continuous Improvement:** Workplace wellness is an ongoing journey, not a destination. Continuously evaluate your programs, seeking feedback and making adjustments to ensure they remain relevant and effective.

The Benefits of The Work Wellness Deck

Implementing a comprehensive Work Wellness Deck offers numerous benefits:

Increased Employee Engagement and Productivity: Happier, healthier employees are more engaged and productive.

Reduced Absenteeism and Turnover: A supportive work environment reduces stress and burnout, leading to lower absenteeism and employee turnover.

Improved Employee Morale and Job Satisfaction: Employees feel valued and supported when their well-being is prioritized.

Enhanced Company Reputation and Brand Image: Companies known for their commitment to employee well-being attract and retain top talent.

Reduced Healthcare Costs: Promoting healthy lifestyles can lead to lower healthcare expenses in the long run.

Choosing the Right "Cards" for Your Deck

Remember, your Work Wellness Deck should be tailored to your specific workplace. Consider factors such as your industry, company culture, employee demographics, and budget. Some organizations might prioritize mental health resources, while others might focus on physical fitness programs. The key is to select initiatives that resonate with your employees and address their most pressing needs.

Conclusion

The Work Wellness Deck isn't just a trend; it's a necessary shift in how we approach workplace culture. By prioritizing employee well-being, you're investing in the success of your entire organization. Building your own Work Wellness Deck is an investment in a healthier, happier, and more productive workforce. Start today by identifying your team's needs and taking the first step towards a thriving workplace.

FAQs

1. How much does it cost to implement a Work Wellness Deck? The cost varies greatly depending on the initiatives you choose. Some programs, like implementing mindfulness exercises, can be cost-effective, while others, such as providing on-site gym facilities, require a significant investment. Start small and gradually expand your program as your budget allows.
1. How do I measure the success of my Work Wellness Deck? Track key metrics such as employee engagement scores, absenteeism rates, turnover rates,

and employee feedback through surveys and focus groups. You can also use anonymous feedback mechanisms to encourage honest responses.

1. What if my employees aren't interested in participating in wellness initiatives? Start by understanding why. Conduct surveys or focus groups to gauge employee interest and address any concerns. Offer a variety of programs to cater to different interests and preferences. Make participation voluntary and emphasize the benefits of a healthy lifestyle.
1. Can a small business implement a Work Wellness Deck? Absolutely! Even small businesses can implement effective wellness programs. Focus on low-cost or no-cost initiatives, such as encouraging regular breaks, promoting open communication, and offering flexible work arrangements.
1. How do I ensure that my Work Wellness Deck is inclusive and accessible to all employees? Consider the needs of all employees, including those with disabilities. Offer programs and resources that are accessible to everyone, regardless of their physical or mental health conditions. Provide translations for non-native speakers and consider different communication styles to ensure inclusivity.

the work wellness deck: The Work Wellness Deck Landra Bickley Eliopoulos, 2021-08-31
Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter The Work Wellness Deck: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, The Work Wellness Deck will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. BURNOUT IS COMMON: Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an

effective tool in preventing and/or diminishing feelings of burnout. PERFECT FOR COMPANIES: Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. LITTLE-PUBLISHED SLICE OF WELLNESS: Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

the work wellness deck: *Mindfulness Cards* Rohan Gunatillake, 2018

the work wellness deck: *Yoga Pretzels* Tara Lynda Guber, Leah Kalish, 2005 A playful and easy way to teach yoga.

the work wellness deck: *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

the work wellness deck: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

the work wellness deck: *All Hands on Deck* Joe Tye, 2010-07-13 In the stormy seas of today's world economy, organizations need all hands on deck In the stormy seas of today's world economy, organizations need people to own their work, not just rent a spot on the organization chart. All

Hands on Deck is a fun-to-read story that is both a business strategy book about creating competitive advantage through corporate culture, and a personal development book that will inspire readers to be more committed and engaged with their work and their organizations. Drawing upon the wisdom of some of the greatest and most beloved business leaders of the 20th century, this essential guide: Creates a virtual roadmap for building a culture of ownership where so workers are inspired to think and act like partners in the enterprise, and not just hired hands Shares practical and proven strategies for earning employee buy-in and commitment to the values, vision, and purpose of the organization Features the real-world wisdom of some of the most successful and beloved business leaders of the 20th century, including Walt Disney, Ray Kroc, Mary Kay Ash, Bill Hewlett, and Dave Packard A stirring resource for today's business environment, All Hands on Deck shares the tools you need to create an organization that competes and succeeds in today's turbulent world, and the inspiration that your people need to put those tools to work.

the work wellness deck: The Live Your Values Deck Andreea Niculescu, 2021-11-09
Vibrantly illustrated by artist and author Lisa Congdon—and co-written by Congdon and her friend, brand strategist Andreea Niculescu—this deck will help you live in accordance to what matters most to you. Living your values increases your compassion, reduces your stress, enhances your confidence, and allows you to experience more intimacy in your relationships. These 78 cards offer you a practical set of tools for determining your core values and practicing them in your daily life. Start off with a simple sorting exercise, then dive deeper into your highest values with the prompts and activities listed on each card. The accompanying booklet helps you use the deck to enrich your life and improve your well-being. **HANDS-ON EXERCISE:** More engaging than a self-help book and less daunting than trying to list your values on a blank page, this deck offers a fun, hands-on way to identify your core principles and integrate them into your life. **GREAT GUIDANCE:** Along with helping you identify your values, these cards offer advice, suggestions for short-term and long-term goals, and prompts that will help you reflect and take action in meaningful ways. **LONG-TERM USE:** As life inevitably changes and new milestones are reached, it's good to re-center and reconnect with your values. This deck can be used to see how your values have changed and what new ones have emerged over time. Perfect for: • Anyone contemplating a big life change (moving, switching jobs, etc.) • People looking for personal growth or self-reflection tools • Individuals who want to make meaningful New Year's resolutions • Fans of Lisa Congdon's previous publishing, especially *You Will Leave A Trail Of Stars*

the work wellness deck: Merry Jane's The CBD Solution: Wellness Merry Jane, 2020-09-22
From Merry Jane, the leading voice in cannabis culture launched by world-renowned rap icon Snoop Dogg. Merry Jane's *The CBD Solution: Wellness* is an authoritative guide to using cannabis to improve wellness. This book reveals how CBD affects mood and can be used generally in health routines: in bath oils, balms, tinctures, and more. • Explains how cannabis, CBD, and other plants can change your everyday • Helps relieve everything from headaches and achy joints to stress and anxiety • Features dozens of illustrations and striking photography The book features an authoritative breakdown of CBD research—the history, the science, the politics, uses, forms, and effects—as well as answers to common questions and myths. Merry Jane's *The CBD Solution: Wellness* makes a great book for anyone curious about incorporating CBD into their life, or those looking to learn more about CBD and its health benefits. • CBD can be used to enhance physical and mental wellness. • A great book for those who enjoy using CBD or are curious about learning more, marijuana smokers, and anyone interested in wellness and enhancing their health routines • You'll love this book if you love books like *CBD Oil: Everyday Secrets: A Lifestyle Guide to Hemp-Derived Health and Wellness* by Gretchen Lidicker, *Healing with CBD: How Cannabidiol Can Transform Your Health without the High* by Eileen Konieczny RN and Lauren Wilson, and *Bong Appétit: Mastering the Art of Cooking with Weed* by Editors of MUNCHIES.

the work wellness deck: The Healing Yoga Deck Olivia Miller, 2018-10-02 The sequel to the bestselling *Yoga Deck* from Olivia H. Miller. This handy deck of cards provides detailed instructions for a variety of yoga poses that help alleviate and prevent pain and enhance overall wellbeing.

Whether you're a yoga novice interested in pain prevention and relief, or if yoga is a part of your everyday routine, these handy cards can help you take control of your health. Each card has an illustration of a pose, step-by-step instructions, and options for more or less of a challenge—ensuring that people of different ages and physical abilities can safely use the deck and reap all the benefits. The tri-fold introduction card includes a table of contents, suggestions for using the deck, a brief explanation about the benefits of yoga, and suggested sequences. • Shows how to perform 60 yoga poses, meditations, and recommended sequences to alleviate pain, prevent chronic conditions, and boost overall well-being • Contains illustrations for more than 50 new poses • Each illustrated card includes step-by-step instructions, a list of benefits, and an affirmation Fans of *The Yoga Deck: 50 Poses & Meditations for Body, Mind, & Spirit*, *The Stretch Deck: 50 Stretches*, and *The Chakra Deck: 50 Cards for Promoting Spiritual and Physical Health (Relax and Rejuvenate)* will love this card deck. • Idea cards for anyone who wants an alternative way to alleviate pain • Great gift for yoga enthusiasts of all ages and levels • Perfect, portable deck for those practicing self-care and wellness rituals

the work wellness deck: *JOY CARDS*. MICHELLE. DE SILVA BURKE (LILAMANI.), 2022

the work wellness deck: *On Fire* John O'Leary, 2016-03-15 In the bestselling tradition of Brene Brown's *Daring Greatly* and Nick Vujicic's *Life Without Limits* comes a rousing 7-step plan for living a life on fire, filled with hope and possibility—from an inspirational speaker who survived a near-fatal fire at the age of nine and now runs a successful business inspiring people all around the world. When John O'Leary was nine years old, he was almost killed in a devastating house fire. With burns on one hundred percent of his body, O'Leary mustered an almost unimaginable amount of inner strength just to survive the ordeal. The insights he gained through this experience and the heroes who stepped into his life to help him through the journey—his family, the medical staff, and total strangers—changed his life. Now he is committed to living life to the fullest and inspiring others to do the same. An incredible and emotionally honest account of triumph over tragedy, *On Fire* contains O'Leary's reflections on being that little boy, the life-giving choices made then, and the resulting lessons he learned. O'Leary very clearly shares that without the right people providing the right guidance, at the right time, he never would have made it through those five months in the hospital, let alone the years that followed as he struggled to regain mobility, embrace his story, and ignite clarity of his life's purpose. *On Fire* encourages us to seize the power to choose our path and transform our lives from mundane to extraordinary. Once we stop thinking solely on the big moments in our lives, we can begin to focus on those smaller opportunities that tend to pass us by. These are the events—the inflection points in our lives—that can determine how we feel about life now, where we are headed in the future, and how many lives we can impact along the way. We can't always choose the path we walk, but we can choose how we walk it. Empowering, inspiring, remarkably honest, and heartfelt, O'Leary's strength and incredible spirit shine through on every page.

the work wellness deck: *Anti-Burnout Card Deck* Laura Warren, Mitch Abblett, Christopher Willard, 2018-01-02 Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.54 brief, accessible and empowering practices to:* Regain balance* Enjoy the work* Cultivate empathic attunement* Build compassion* Manage countertransference triggers* Practice self-carePublished in collaboration with The Institute For Meditation and Psychotherapy.

the work wellness deck: *Polyvagal Card Deck* Deb Dana, 2022-08-16 Deb Dana is the leading clinical translator of Stephen Porges's influential polyvagal theory. Here she further extends the reach of this groundbreaking perspective on mental wellness in the form of a card deck. These cards have been thoughtfully created to provide polyvagal concepts and prompts grouped into four areas representing three sections of the autonomic hierarchy: ventral; sympathetic; dorsal (a section about regulating the system); and a bonus section exploring play, stillness, and change. The cards will enable clients to enhance a broad understanding of their nervous system as well as guide them

through a process of tuning in. Clinicians can use the cards at the beginning of a session to frame the work or at the end to create a plan for ongoing work. Clients can reach for the cards any time they want some nervous system support.

the work wellness deck: Little Yogi Deck Crystal McCreary, 2021 Simple yoga practices to help kids move through big emotions--Container

the work wellness deck: Tree Magick Gillian Kemp, 2004-09 Enchanting to look at, inspirational to use, and great to give as a gift, this lovely boxed set presents 52 magical messages drawn from the world of trees. Featuring beautifully illustrated cards and an accompanying book that includes six layouts, it offers up nature's wisdom to use as affirmations, for meditation and protection, and to predict the future. The messages are divided into two suits that mirror the light and shade of the forest. Along with the card meanings, you'll discover how to interpret the two power trees and find enlightenment in every situation. A Selection of the One Spirit Book Club.

the work wellness deck: The Anxiety and Stress Solution Deck ,

the work wellness deck: Wellness, Wellplayed Jennifer Buchanan, 2021-09-09 Music is powerful. The right song at the right time can make you smile, cry, dance, or breathe a contented ah. In *Wellness, Wellplayed*, music therapist Jennifer Buchanan shows us how to develop and use music playlists with purpose, as a bridge to something deeper within ourselves-and a way to address our human need to feel, create, and connect.

the work wellness deck: Calm the Chaos Cards Nicola Ries Taggart, 2020-09-01 For anyone overwhelmed by the stresses of daily life, this book is a simple tool to promote calm and well-being. Here are 65 soothing pages, each featuring an encouraging mantra and a short practice, including exercises for mindfulness, self-care, awareness, grounding, gratitude, and more. Users can pull one page each morning to center themselves, or pick a few at a time to set a bigger intention for the week. *Calm the Chaos* make it easy to foster moments of peace and clarity, anytime and anywhere. • A CREATIVE WAY TO PRACTICE SELF-CARE: Manage daily stress, quell anxiety, and build happiness habits with the 65 pages in this book. • CULTIVATE MORE MINDFULNESS: This book will help you practice daily reflection, record gratitude, and set achievable goals. • USE DAILY, WEEKLY, OR WHENEVER YOU NEED CALM: Open this book each morning to find a mantra and inspiration for your day, or choose one page a week to set a larger intention.

the work wellness deck: Healing from Clinical Trauma Using Creative Mindfulness Techniques Corinna M. Costello, Beth Ann Short, 2021-09-09 This workbook offers diverse strengths-based tools to incorporate the Creative Mindfulness Technique (CMT) into clinical practice. It provides an essential understanding of the ethical scope of practice, ensuring that clinicians consider the depth of their own training in the implementation of the CMT art directives. Chapters explore aspects such as attachment and art therapy, multicultural considerations when using art with clients, mindfulness, the eight dimensions of wellness, and the application of CMT techniques with clients affected by PTSD, anxiety, and low self-esteem. The creative activities, mindfulness approaches, and arts-based exercises provided support the healing process of clients in ways that are accessible, practical, and easy to execute. Examples of activities include guided imageries with art-making, art journaling directives, and mixed media prompts. Through these exercises, clients will learn to draw upon their strengths and feel empowered in their daily lives. People with PTSD/clinical trauma, stress, addiction, and anxiety, and clinicians and mental health practitioners working with them will find this book to be an essential tool. Readers may also be interested in *Creative Mindfulness Techniques for Clinical Trauma Work: Insights and Applications for Mental Health Practitioners*, which can be used on its own or as a companion to this book.

the work wellness deck: The Healing Tarot Juno Lucina, 2013 78 whimsical line art illustrations focus upon the lessons Tarot offers about health, diet, fitness, and wellness... -- container back.

the work wellness deck: Generation Decks Titus Chalk, 2017-04-06

the work wellness deck: The Massage Deck Katy Dreyfuss, 2010-07-01 This deck features 50 easy-to-follow, artfully illustrated techniques for giving and receiving the perfect massage. Coded by

body region, these portable cards include detailed instructions, tips for when to use aromatic oils and lotions, and suggested sequences for ten- and twenty-minute massages. Learn how to soothe away stress and tension, relieve headaches and muscle pain, and share the language of touch with The Massage Deck.

the work wellness deck: The Upward Spiral Card Deck Alex Korb, 2020

the work wellness deck: Wanderer's Tarot Casey Zabala, 2016-06-01 The Wanderer's Tarot is a traditional divination deck with a naturalist, witchy vibe.

the work wellness deck: From Accidents to Zero Andrew Sharman, 2016-05-20 As leaders increasingly understand the importance of good safety practice to support their business objectives, safety and health practitioners develop better tools and solutions. However, there is still a gulf between these two groups where engagement, communication and shared understanding can be found lacking. From Accidents to Zero opens up the field of safety culture and breaks it down into bite-sized pieces to facilitate new, critical thought and inspire practical action. Based on the concept of creating safety, as opposed to just preventing accidents, each of the 26 chapters in this user-friendly book includes explanation, commentary, reflections and practical activities designed to systematically and sustainably improve workplace safety culture. Core topics range from behaviour to values, daily rituals to unsafe acts, felt leadership to trust. Andrew Sharman's practical guide blends current academic thinking with authoritative guidance and sets up the opportunity for all parts of the organization to close the gap by providing very clear steps to thinking and acting differently. It sparks insight into how both traditional methods and novel approaches can be brought to life in real world situations. From Accidents to Zero offers a clear route to culture change through over one hundred pragmatic ideas to motivate and lead people, influence behaviour and drive a positive evolution in workplace safety.

the work wellness deck: The Crystal Spirits Oracle ,

the work wellness deck: The Intuitive Eating Card Deck , 2021

the work wellness deck: Work Your Light Oracle Cards Rebecca Campbell (Creative director), 2018-05-28

the work wellness deck: Self-Care Truth Or Dare Chronicle Books, 2021-09-07 Nurture your mind, body, and spirit with this unique twist on Truth or Dare! Be inspired to create a more joyful, thoughtful lifestyle with this fun, interactive tool offering 100 ways to practice self-care on a daily and weekly basis. Featuring 50 sticks, each with a thought-provoking question on one side and a challenging but achievable dare on the other, Self-Care Truth or Dare invites you to reflect, recharge, and connect with yourself. In a compact, foil-stamped cylinder that can be used at home or on the go, these prompts will inspire anyone seeking ways to nourish their health and everyday well-being. Players: 1+ SAMPLE PROMPTS TRUTH: Who or what are you grateful for today? TRUTH: What are your core values? Do you feel aligned with them? TRUTH: How do you connect with your body? Do you have an exercise routine? Are you getting enough movement in your life? DARE: This week, keep a daily food diary. Pay attention to how what you eat makes you feel. DARE: Give yourself 3 compliments or encouraging affirmations. Repeat them to yourself every day for the next week. DARE: Take a meditative walk in nature. Pay attention to your surroundings, and engage your senses of sight, hearing, smell, taste, and touch. Focus on being present. SELF-CARE MADE EASY, FUN, AND ACCESSIBLE: The simple-to-use sticks are a great tool for individuals looking for ways to start, cultivate, and enhance their self-care practice and build healthy habits. Just pull a stick and choose truth or dare. You can do this on a daily, weekly, or monthly basis. And if a prompt doesn't resonate with you at that moment, just pick another! SELF-CARE IS IMPORTANT: Making time to take care of yourself is essential for living a happy, healthy, and balanced life. These sticks offer a range of insightful questions and achievable practices, encouraging you to nurture what is most important-you! To take care of others, start taking care of yourself. GREAT GIFT AND STOCKING STUFFER: Delivered in an eye-catching, portable package, this set of engaging prompts is a great gift or stocking stuffer for wellness enthusiasts and anyone interested in self-care, personal growth, and mindful living. Perfect for: - Self-care enthusiasts - People interested in

physical, mental, emotional, and spiritual health - People interested in mindful living and healthy habits - Anyone seeking ways to reflect, recharge, and grow

the work wellness deck: Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

the work wellness deck: Yoga Bodies Lauren Lipton, 2017-03-28 With a diversity of bodies and perspectives, this portrait collection presents over eighty yoga practitioners posing and sharing their personal yoga stories. Artfully capturing yoga's vibrant spirit, *Yoga Bodies* presents full-color yoga-pose portraits of more than eighty practitioners of all ages, shapes, sizes, backgrounds, and skill levels—real people with real stories to share about how yoga has changed their lives for the better. Some humorous, some heartfelt, others profound, the stories entertain as they enlighten, while the portraits—which joyously challenge the “yoga body” stereotype—celebrate the glorious diversity of the human form. *Yoga Bodies* is a source of endless inspiration for anyone seeking fresh perspectives on how to live well. “Unpretentious and delightful . . . A collection of first-person portraits of more than 80 people who practice and enjoy yoga. It's not a book only for yogis—it's a book for people.” —RealSimple.com

the work wellness deck: Garbage Pail Kids: The Official Tarot Deck and Guidebook , 2022-08-30 Bring the wacky and weird world of the Garbage Pail Kids into your tarot practice with this illustrated deck inspired by the iconic trading cards! Beloved for nearly forty years, the Garbage Pail Kids have shocked, delighted, and entertained fans through a trademark combination of gross-out humor, sharp wit, and amazing artwork. Now, tarot enthusiasts and card collectors alike can celebrate their Garbage Pail Kids fandom with this official GPK tarot deck. Sure to delight GPK fans, avid collectors, and tarot readers alike, *Garbage Pail Kids: The Official Tarot Deck and Guidebook* is the perfect addition to your home library! A MUST-HAVE FOR COLLECTORS: GPK fans will enjoy seeing fresh interpretations of classic characters such as Adam Bomb, Spacey Stacy, Rob Slob, and more. Every card is conceptualized and stunningly painted by fan-favorite artist Miran Kim, whose unique vision combines powerful mysticism with the beloved style of Garbage Pail Kids. ALL-NEW EXCLUSIVE CHARACTERS: Featuring never-before-seen additions to the world of Garbage Pail Kids. UNIQUE TAROT EXPERIENCE: This deluxe set of 78 cards consists of both major and minor arcana for anyone beginning their tarot practice, as well as for experienced practitioners. DETAILED GUIDEBOOK: Includes a 128-page guidebook with explanations of each card's meaning and simple spreads for easy readings. GREAT GIFT: Packaged in a sturdy and decorative gift box, making it the perfect gift for any occasion!

the work wellness deck: All Hands on Deck! Robert Neubecker, 2021-06-15 A heroic tale of boats, large and small, teaming up and lending a hand in a time of need, based on the true story of a

community that came together to rescue survivors of Hurricane Katrina. When the wind is high and the barometer is low, it can mean only one thing: Hurricane! In the aftermath of a terrible storm, a coastal community is left in shambles, with thousands of people stranded on cars or rooftops. The Coast Guard is stretched to its limit, and all along the coast, schooners and sloops and speedboats wonder What can I do? I am only one little boat. But by working together, even the littlest boats can make a difference. Based on the true story of the Cajun Navy that came together in the aftermath of Hurricane Katrina and has continued to assist in rescue efforts after every major hurricane to strike the Gulf Coast in the years since, this tale of courage and community will inspire readers of all ages to step up and do their part.

the work wellness deck: *Creative Wellness* Beth Ann Short, 2016-09-16 Wellness does not come in a pill. Balancing life takes ongoing practice. *Creative Wellness: Art Journaling with Mindfulness* is an essential tool in finding and maintaining balance in a multifaceted life. In this interactive journal honor the creative process and let go of the inner critic. Previous art experience is unnecessary! This mixed media process engages anyone willing to explore with an open mind. Following gentle prompts explore the eight dimensions of wellness and uncover areas needing attention. This process utilizes writing, drawing, collage and paint. Additionally, this journal provides the support and structure from board certified art therapist, Beth Ann Short, in creating realistic and life changing goals. Others who have utilized these techniques have experienced enhanced problem solving potential in all areas of their lives as well as decreased stress. Adding mindfulness, imagery, symbolism and art making to the journal process engages both hemispheres of the brain. Explore the eight dimensions of wellness and uncover opportunities for change. Art journaling is an opportunity to honor life where ever it leads and a chance to explore choices and feelings. In an age where so many are striving for inner peace and balance, this tool engages anyone willing to try.

the work wellness deck: *Haindl Tarot, Major Arcana, Rev Ed* Rachel Pollack, 2002 The Haindl Tarot is the most comprehensive Tarot ever--a contemporary deck that illustrates traditional archetypes with modern symbols. The cards interweave themes of ecology, mythology and the Goddess, with true visionary power.

the work wellness deck: *Gods and Goddesses* Aaron Hubrich, Sara Hubrich, James Floyd Kelly, jim pinto, Lysa Penrose, Hunter Henrickson, Rhys Boatwright, Celeste Conowitch, Daniel Gonzales, Daniel Colby, 2020-03-15 The second edition of the very first book published by Jetpack7, this book features 19 deities you can use in any 5th Edition campaign setting.

the work wellness deck: *Affirmators!* , 2015

the work wellness deck: *The Spells Deck* Cat Cabral, 2019-10 This luxe deck makes it easy to bring a little magic to everyday life. Featuring charms, potions, natural remedies, and rituals for self-care, empowerment, love, and more, The Spells Deck is an enchanting, all-levels introduction to witchcraft. Each card features shimmering artwork on the front and simple instructions for a spell on the back. Delivered in a charming portable package with foil stamping, this deck is a beautiful accessory for modern mystics and spirituality seekers.

the work wellness deck: *Kabbalah for Health & Wellness* Mark Stavish, 2007 Shrouded in secrecy and symbols, Kabbalah can be downright daunting for beginners. Mark Stavish bypasses the baroque ritual and cuts to the core of this esoteric tradition in *Kabbalah for Health & Wellness*. Blending Kabbalist teachings with energy healing, this accessible, user-friendly guide offers a clear and practical application of Kabbalah. Students can learn to use the Tree of Life, the Hebrew alphabet, the Middle Pillar, planetary powers, and alchemy to direct energy for physical and emotional healing. Guided imagery techniques, meditations, and other exercises anchor these concepts in daily life-transforming mere ideas into personal knowledge, power, and experience. Requiring only fifteen minutes daily, these practices are designed to enhance healing potential, inspire spiritual awakening, and introduce readers to the lifelong Path of Becoming.

the work wellness deck: *The Power Deck* Lynn V. Andrews, 2004 This oracular system of forty-five beautifully illustrated cards and its accompanying book of affirmations and meditations presents the wisdom of the universe as it has been revealed through the Sisterhood of the Shields.

To heal the earth, we must first heal ourselves. The Power Deck, writes Lynn Andrews, helps you find the primal source of your pain, or limitation, so that it can be healed. Pick a card each morning and place it on your altar of empowerment. When you look at it, you will stop for a moment to move into that silent place within you, that place where truth is born. Each card promotes beauty, health, strength, and wisdom in your life. The Power Deck includes a beautifully-packaged book in a slipcase and a deck of cards. The book builds self-esteem by displaying positive and negative aspects of the user's personality--the pieces of the personal puzzle that are present and those that are missing--and each card features imagery reflecting Mother Earth and Father Sky, along with an affirmation that conveys the lesson of power and facilitates meditation.

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