

EMPOWER WELLNESS *Corner*

Strategies to manage Life's stressors and
overcome challenges.

A toolkit for City of Round Rock Employees



How to Use this Toolkit

Mental health wellness takes more than reading or a single activity. We recommend you **Reflect**, **Commit**, and **Explore** to get the most out of this toolkit. Every quarter we will add new strategy to the toolkit. For each strategy, you'll find practices, an activity, and resources.

Important Reminders:

Be Consistent and Patient

Finding what works can take longer than we expect. Patience and consistency are key to making positive change happen.

Be kind to yourself if progress is slower than you expect. Dedicate time for daily mental health wellness and results will follow.

Tailor the Toolkit to Your Need

There's no "right" way to use this toolkit. Your mental health wellness is personal, so treat the Reflect, Commit, and Explore instructions as a guide, not a requirement.

Seek Support When Needed

This toolkit is not a substitute for a mental healthcare provider.

Our Employee Assistance Program (EAP) with AllOne Health offers free and confidential support 24/7 support at 800-451-1834

Visit portal.allonehealth.com or download the AllOne Health app from the App Store or Google Play.

Our company code is: roundrocktexas

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Welcome to Your Wellness Journey!

THIS MONTH'S THEME

When Life Feels Overwhelming

Let's sort what deserves your energy.



This month, we will...

- ♥ Notice what feels heavy
- ♥ Focus on what we can influence
- ♥ Take one small step forward
- ♥ Practice letting go with kindness

“

You don't have to fix
everything today.
You just have to take
one small step.



Tiny intention for this month:
I will focus on what I can influence.



2

Check Your Weather

How are you feeling today?

Circle the weather that matches your mood.



Calm & Positive



Okay, Managing



A Little Stressed



Overwhelmed



Super Overwhelmed

What's contributing to this weather?

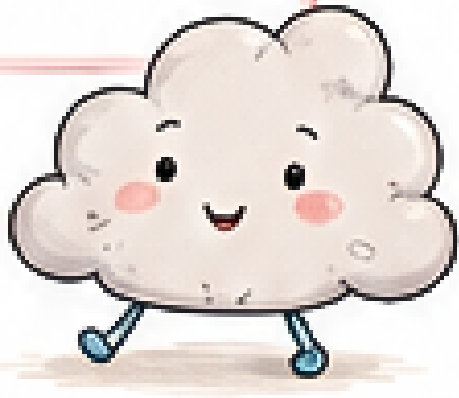
Four horizontal lines for writing.

What does my mind need right now?

Four horizontal lines for writing.



It's okay to have cloudy days. ❤️

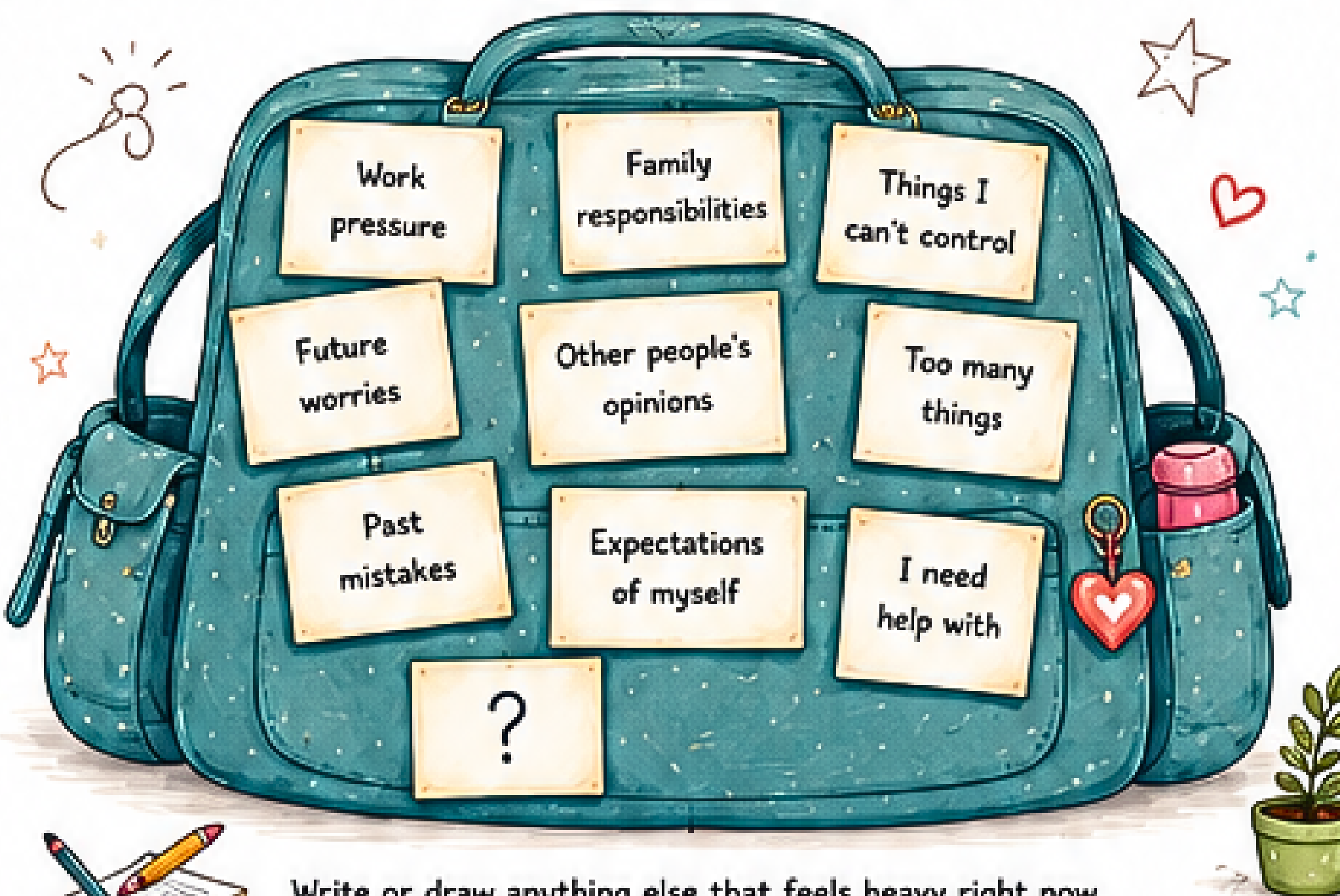


3

What's Taking Up Space?

Sometimes our minds feel like an overstuffed backpack.

What's inside yours right now?



Write or draw anything else that feels heavy right now.



Circle of Influence

Where should your energy go?

What I Need to Let Go (Out of My Control)

Things I cannot control no matter
how much I try.

Let go
of what
weighs you
down.



What I Can Influence (Some Control)

Things I can influence but don't
depend only on me.



What I Can Control (In My Control)

Things I can control and
take action on.



Focus on
what moves
you
forward.



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What Can I Do About It?

Small steps create big changes.

ACTION LADDER

What's one thing
I can do?

What resources
or support do
I need?

Who can I
reach out to?

When will I
take action?

My One Tiny Step ★

Reminder:

Progress, not perfection.

One small step is enough.



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My 10-Minute Wellness Experiment

Let's try one small reset for your mind and body.

I will try...

- ☐ Deep breathing
-  A short walk
-  Listening to music
-  Journaling
-  Stretching
-  Talking to someone
- ☐ Something else: _____

Today I will do it at:



_____ : _____



Date: _____

Afterward, I noticed:



Better



The Same



Harder



Something Unexpected

Closing Reflection



One thing I'm letting go of:



One thing I'm choosing to focus on:



One thing I need from myself this week.

I'm proud of myself for showing up for me.

