

Well-opoly

Take a trip around the board and explore the many ways to practice wellness in your day. Whether you bounce around or go in order, check off as many activities as you can.

Some spaces prompt you to explore resources provided by EFR. Use the QR codes below for easy access to those tools.

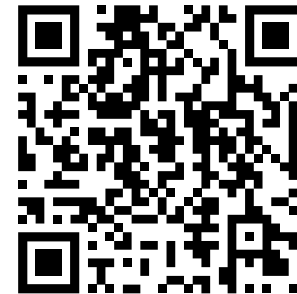
Learn About
Financial
Consultation



Listen to
Emotion Well



Learn About
Life Coaching



30 Minutes of Yoga	Ask for help	Listen to Emotion Well	Learn a new word	Drink 64oz of water	Complete a puzzle	Call a friend or relative	30 Minutes of Cardio Exercise
Learn about Financial Consultation							Pack your lunch
Stretch							Check your credit score
Floss your teeth							Write a journal entry
Eat a whole grain							Buy generic
Compliment yourself							Express gratitude
Get 8 hours of sleep							Learn about Life Coaching
30 Minutes of Strength Training	Eat 5 servings of fruits and veggies	Lunch break	Go for a walk	20 mins of reading	1 hour without screens	No email after hours	Go!