



Healthy Living

September 2025

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Emotional Wellness

- Using your list of five ways to cope with stress, apply those to different situations that have happened in your life
- Create an action plan to help you work through problems then talk with a family member or friend about your plan
- Describe how emotions impact people on a personal and community level
- Use your list of five positive traits about yourself and evaluate how you could make a difference in your community using those traits
- List the 3 high points and 3 low points of what happened to you today and how you dealt with each of them

Intellectual Wellness

- Write 3-5 sentences about the activity you had never done before, researching it, and then trying it (how did you feel, did you find a new hobby?)
- Read a book you have never read every month
- Determine which language you might like to learn based on the needs of your family and community (this can include sign language)
- Work with your 4-H agent to offer a game or movie night for anyone from your community who would like to attend
- Ask your community library or school library if you can set up a puzzle for people to work on every month

Occupational Wellness



- Research and make a list of educational requirements and average salary for the 3 careers you identified in the healthy living field
- Make a list of 3 careers you DO NOT have an interest in
- Take the quiz to see what your future job should be based on the website's recommendations (The quiz is free if you set up an account through Clever or Google - <https://www.timeforkids.com/your-hot-job/sign-up/>)

Physical Wellness

- Make a list of reasons people may not get enough sleep
- Demonstrate understanding of the consequences of the decisions you make for your health
- Make a plate for breakfast, lunch, and dinner that includes each of the food groups
- Make a chart of your personal physical activity for 2 weeks
- Evaluate your personal physical activity chart and if you met your goals
- Set goals and make a list of physical activities you might participate in for the future
- Keep a diary of fruits and vegetables you eat for one full week
- Make 2-3 nutritious snacks for your family or friends

Social Wellness

- Introduce yourself to two people this week using your conversation starters
- Identify what stress is and how stress can impact you and your community
- Using scenarios provided, identify whether relationships are healthy or unhealthy
- Make a list of positive ways you can engage in conversation with someone you may not agree with in a non-violent way

Spiritual Wellness

- Research different types of spiritual wellness activities
- Journal your personal spiritual activities for a week
- Work with your 4-H agent to offer an opportunity to make a Gratitude Jar during your next club meeting (then read through the things you have written down at the end of the month)

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