

# WELL BALANCED<sup>o</sup>

- AUGUST 2024 -

Family Wellness



A person’s well-being is not just affected by one single area of their life. When considering whole-person wellness, a major factor is work-life blend, in which the family unit plays a large and important role. Family can look a bit different for everyone—The tips below primarily focus on family members who live in the same household but can be widely applied. Making wellness a priority for the whole family can strengthen bonds and contribute to the building of healthier relationships as well as impacting lifelong attitudes toward wellness. For many, wellness activities may feel out of reach because of limited time or resources. However, there are many simple and effective methods to create a culture of wellness within the family unit. Here are a few ways to support familial wellness in your daily life:

» **Lead by Example**

One of the best things you can do to support family wellness is to lead by example. Both children and adults learn by example, and the actions of the people we surround ourselves with can affect our own behavior. Practice basic wellness habits like healthy eating, staying active, and prioritizing mental well-being—Your loved ones will recognize and begin to emulate these behaviors of wellness.

» **Work Together**

Everyone has their own unique work-life blend, and it can sometimes be difficult to prioritize wellness alongside other daily

**Unplug:**

Limit screen time for family members, especially children. Try reading, playing board games, or spending time outdoors as an alternative.



**Want more family wellness resources?**

Talk to your employer to find out what is available to you through employee resource groups (ERGs) or employee assistance programs (EAPs).

pressures. An easy way to incorporate a culture of wellness into your family unit is to work together as a team. This can be as simple as cooking dinner together, gardening, or even sharing chores like laundry—These activities can foster creativity and problem-solving skills in younger children and make each family member an active participant in ensuring their own well-being. Taking additional opportunities for connection with your family, especially with multiple generations, will help family members to socialize and create healthy, meaningful relationships with each other.

» **Create a Routine**

If you find yourself or your family struggling with incorporating wellness activities into your day, try creating a routine. Adding an element of structure to the day can help family members reduce stress and regulate their emotions, contributing to improved communication. Having a routine at night is especially helpful in getting the proper amount of rest and sets family members up for success for the day ahead.

» **Encourage Healthy Habits**

A variety of factors influence the habits of children. Encourage your family members to develop habits that contribute to whole-person

wellness. Make healthy choices easy—Leave sports equipment and nutritious snacks where they are accessible and easy to see. Engage in enriching, active play and try to get outside often. Keep the focus on fun by integrating these habits into family celebrations. If family members are struggling with forming new healthy habits, try changing things a little bit at a time. You can start with something as simple as dancing to your favorite song!

» **Care for Yourself While Caring for Others**

Caregiving, while rewarding, can sometimes be a stressor that takes a toll on personal wellness. Make an effort to care for yourself as well. Keep up with your personal hobbies and try to take breaks each day. If you are really feeling the strain, ask for help—Reaching out when needed can positively impact interpersonal relationships and help to ease the burden on individuals. Find more resources for caregivers [here](#) and at [hhs.gov](https://www.hhs.gov).

**Additional Resources:**

- » Health Tips for Families ([hhs.gov](https://www.hhs.gov))
- » Behavioral Health Resources for Children and Families ([hhs.gov](https://www.hhs.gov))
- » Social Wellness Toolkit ([nih.gov](https://www.nih.gov))



**Mindfulness Moment:**

Cultivate mental wellness by making time for mindfulness. Try breathing exercises, meditation, and practicing gratitude. Create space for family members to get in touch with their thoughts and feelings and encourage conversations about mental health. Check out the [Emotional Wellness Toolkit](#) for more mindfulness tips.

