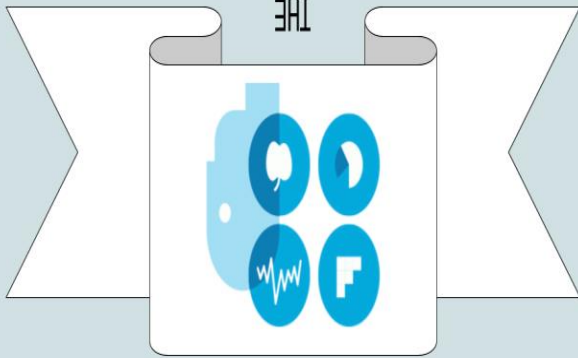


Enhance your Wellbeing As You Get To Know
Your Community

MUNCIE CHALLENGE!

THE



WELN 325
Spring 2020
Rhyu Denham - Exercise Science
Brianna Campbell - Exercise Science
Blake Berry - Health Science
No Holder - Exercise Science

Thank you for taking time out of your day to read more about the Muncie Challenge! We hope you have used this booklet to further your knowledge of wellbeing and are looking to explore Muncie in new and exciting ways.

Thank you

Wellbeing and The Muncie Challenge

"Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride that we take in what we have contributed to our communities. Most importantly it's about how these five elements interact." (Wellbeing The Five Elements, Rath and Harter 2010)

Welcome to the Muncie Challenge! At this point you may be wondering:

- ★ "How can I start improving my own wellbeing?"
- ★ "How can I be held accountable for improving my well-being?"

That is why we came up with the Muncie Challenge. The Muncie Challenge strives to improve the wellbeing of those in the Muncie Community through getting individuals up, moving, and out into their community. By focusing on the 5 aspects of wellbeing we came up with activities/events for community members to participate in, that will improve their wellbeing in each of these areas.

Purpose Wellbeing

Purpose Wellbeing is being able to see the meaning behind what occupies your time! Identifying with a career or other path taken in life, you can be motivated to reach your goals and experience happiness!

What does thriving Purpose Wellbeing mean to you?

- ★ Finding something you enjoy and having the opportunity to do it often, even everyday.
- ★ Feeling understood by leaders or colleagues. Also, having friends at your workplace or in your community that have a common or similar purpose.
- ★ Experiencing security in your position and feeling like you are an asset.

How can you improve your Purpose Wellbeing?

- ★ Understand why you are at work. Reconnect with your original purpose or discover new reasons why you do what you do. That clarity helps to motivate and inspire you!
- ★ Connect with others in your workplace to reduce loneliness and increase a sense of teamwork.
- ★ Reach out to struggling employees and assist them in identifying strengths and interests.

Community Wellbeing

Community Wellbeing consists of the social, economic, environmental, cultural, and political conditions identified by members of the community as essential for flourishing and connectedness.

What does thriving Community Wellbeing mean to you?

- ★ Supports members living together and in support of one another.
- ★ Fosters civic engagement and empowers members to participate.
- ★ Offers support from the infrastructure, including basic needs (Housing, transportation, education, parks & recreation, human services, public safety, access to culture and the arts, etc.).
- ★ Values diversity, social justice, and equal opportunity.

How can you improve your Community Wellbeing?

- ★ Use your strengths to improve the environment around you. Be active in the community and get involved in ways that connect to you personally.
- ★ Learn about the community you live.
- ★ Encourage the organizations you are part of to give back to the community.
- ★ Support the cultural expression of groups in your area.

Financial Wellbeing

Financial Wellbeing is effectively managing your economic life and being aware of what you have. In addition, it is having enough money to meet your needs, feeling secure, and having the financial freedom to make choices that allow you to enjoy life.

What does thriving Financial Wellbeing mean to you?

- ★ Being in control of your day-to-day finances and being aware of where you are financially.
- ★ Having the capacity to absorb a financial shock or surprise that you weren't expecting to have to handle.
- ★ Being on track to meet goals with the flexibility to make and maintain choices.
- ★ Saying no to requests that don't align with your priorities.

How can you improve your Financial Wellbeing?

- ★ Spend less than you earn and grow your savings.
- ★ Only borrow what you can afford.
- ★ Boost your earning capacity by using what you already love to do and are passionate about to make money.
- ★ Spend on experiences and memories instead of tangible items in order to increase life satisfaction.

Are you ready to take on the Muncie Challenge?

Pick a Challenge...

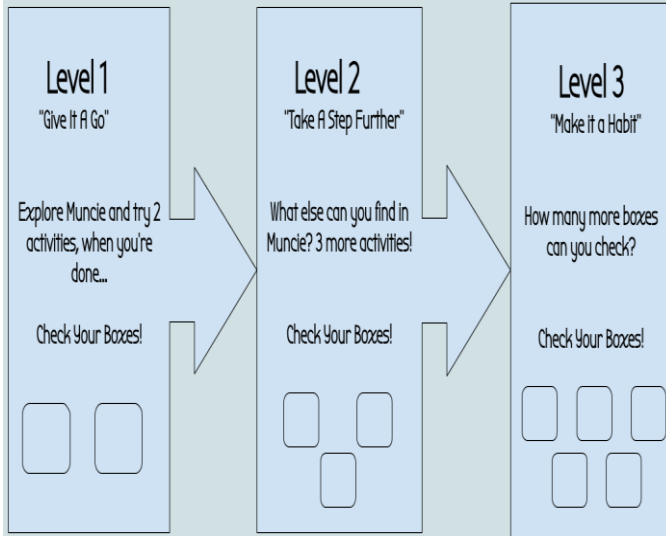
Grab a Friend...

Explore Muncie!!

Learn and Grow

Keep learning! Lifelong learning means continuing to be curious about the world around you. Libraries, churches, and bank/credit unions are great places to turn to as you work to expand your thinking, grow spiritually, and manage your finances.

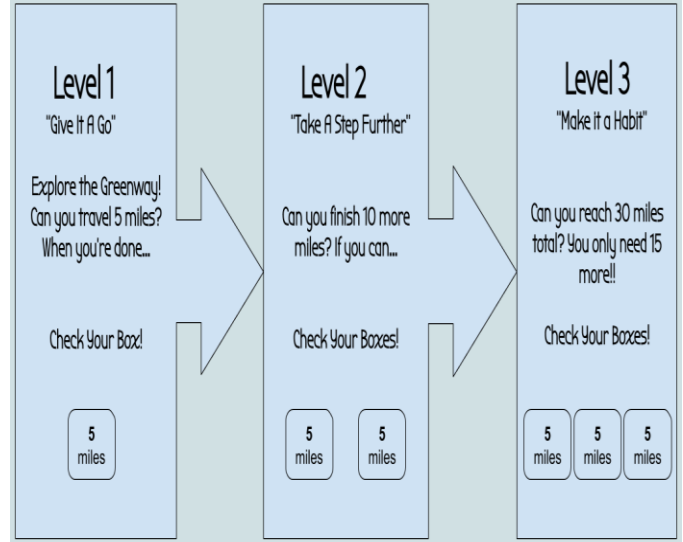
Options to try: Muncie Public Libraries, Join a Credit Union, Attend a local lecture or TED Coffee Chat, Find a spiritual home



Using Muncie's Greenways

Muncie has the longest private greenway system in Indiana, with 62 miles of trails stretching from Marion to Richmond. It is available for you to use both for recreation and for moving from place to place.

** Feel free to break down the miles into many adventures, however many you need!**



Physical Wellbeing

Physical Wellbeing is having good health and the energy to meet life's demands each day. Physical activity/exercise, good nutrition, and restful sleep can fuel you today and prepare you to feel good tomorrow.

What does thriving Physical Wellbeing mean to you?

- ★ Doing the things you want on a regular basis without feeling like your body is holding you back.
- ★ Feeling good about yourself and having confidence about your appearance.
- ★ Being in a good mood and well rested without feeling sluggish throughout the day.

How can you improve your Physical Wellbeing?

- ★ Exercise regularly in a way that doesn't make you dread it! For some that may be running marathons, while for others it's a daily yoga practice.
- ★ Fill your body with enough fruits and vegetables to keep you energized throughout the day. Try to avoid processed foods and added sugars.
- ★ Get a good night sleep and hit the reset button. It clears the stressors from the day before!

Social Wellbeing

Social Wellbeing is the degree to which you feel an overall sense of belonging. It refers to your relationships and how you interact with others. A connected person is supported in society!

What does thriving Social Wellbeing mean for you?

- ★ Finding people with similar lifestyles and values to connect with, while respecting and appreciating those who are different.
- ★ Having close friends is critical to happiness and even workplace productivity.
- ★ Having several avenues by which you receive love and give love to another.

How can you improve your Social Wellbeing?

- ★ Develop your communication by working on listening skills.
- ★ Lean into meaningful relationships with a few individuals in your life.
- ★ Create a safe support system that allows you to be authentic.
- ★ Try something new with a friend so you can bond and expand over a shared experience.

Self-Evaluation of Wellbeing

After reading about each of the factors of wellbeing, how would you rank yourself? Number 1 would be the worst while number 5 is the best.

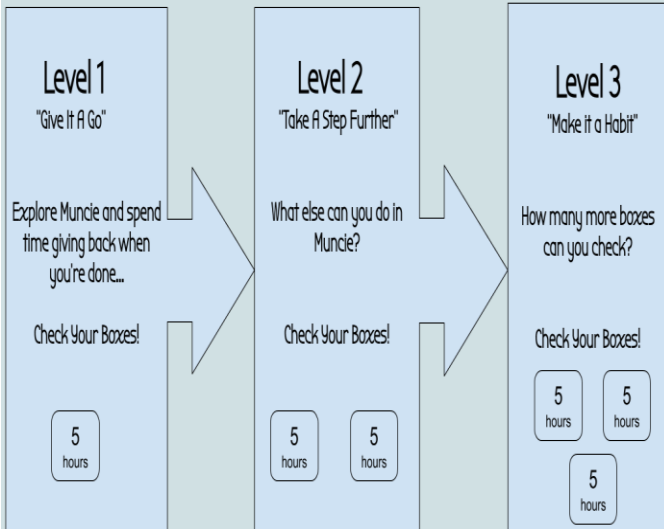
	Now					In a Few Months				
Purpose	1	2	3	4	5	1	2	3	4	5
Community	1	2	3	4	5	1	2	3	4	5
Financial	1	2	3	4	5	1	2	3	4	5
Physical	1	2	3	4	5	1	2	3	4	5
Social	1	2	3	4	5	1	2	3	4	5

Date Completed:

Date Completed:

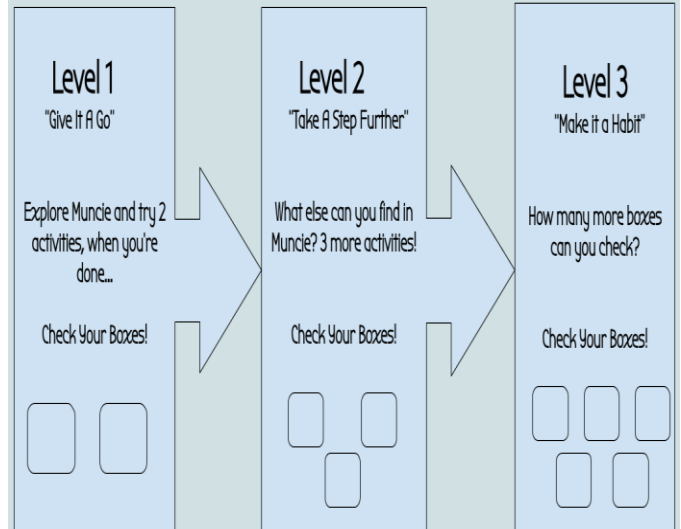
Give Back

Give back! Many impactful organizations call Muncie home, and they would benefit from your time and talents. Find ways to contribute toward making Muncie a great place to live, work, and play.
Options to try: Join a non-profit board, volunteer at Second Harvest, take part in the White River clean up, build with Habitat for Humanity, get involved in your neighborhood association.



Jump into the Arts

Get colorful and creative by developing your artistic side. From painting pottery to making music, there is something for everyone to try.
Options to try: Made in Muncie, Cornerstone classes, Piano classes at Ball State, Glass Blowing at Minnetrista, First Thursday Arts Walk



Connect Professionally

Connect professionally and purposefully! Become the best "you" possible by taking time to identify your career goals and life purpose. Develop connections and build the skills you need to accomplish what you would like to achieve.

Options to try: Community Lectures and Workshops, Professional Conferences, Shafer Leadership Academy

Level 1

"Give It A Go"

Explore Muncie and try 2 events when you're done.

Check Your Boxes!

Level 2

"Take A Step Further"

What else can you find in Muncie, 3 more events!

Check Your Boxes!

Level 3

"Make it a Habit"

How many more boxes can you check?

Check Your Boxes!

Experience Muncie Culture

Experience a vibrant Muncie Culture! From plays at the Civic Theatre to the First Thursday Art Walks. Find ways to become part of Muncie's culture scene.

Options to try: Minnetrista Cultural Center, Emens Shows, Local Plays, and Symphony Performances

Level 1

"Give It A Go"

Explore Muncie and try 2 events when you're done.

Check Your Boxes!

Level 2

"Take A Step Further"

What else can you find in Muncie, 3 more events!

Check Your Boxes!

Level 3

"Make it a Habit"

How many more boxes can you check?

Check Your Boxes!

**Now the
Challenge
Begins!**

Eat, Connect, and Be Social

Eat, connect, and be social! Muncie has a wide variety of distinct and delicious local food and drink options. Grab some friends and hit the town to take advantage of Muncie's social scene!
Options to try: Caffeinery, Food Truck Friday, Casa del Sol, Local Breweries

Level 1
"Give It A Go"

Explore Muncie and try 2 activities, when you're done...

Check Your Boxes!

Level 2
"Take A Step Further"

What else can you find in Muncie? 3 more activities!

Check Your Boxes!

Level 3
"Make it a Habit"

How many more boxes can you check?

Check Your Boxes!

Get moving!

Get moving! Embrace an active lifestyle by attending classes and borrowing or renting bikes, kayaks, and games.
Options to try: Yoga classes, Cardinal Zumba, YMCA, Canoe Country River Rentals, Outdoor Pursuits at Ball State

Level 1
"Give It A Go"

Explore Muncie and try 2 activities, when you're done...

Check Your Boxes!

Level 2
"Take A Step Further"

What else can you find in Muncie? 3 more activities!

Check Your Boxes!

Level 3
"Make it a Habit"

How many more boxes can you check?

Check Your Boxes!

Show Your Community Pride!

Show your community pride and cheer on local teams and organizations! From Club teams to college teams, there are many that could benefit from your support.
Options to try: Ball State Volleyball, High School Swimming and Diving, Youth Soccer

Level 1
"Give It A Go"

Explore Muncie and try 2 events, when you're done...

Check Your Boxes!

Level 2
"Take A Step Further"

What else can you find in Muncie? 3 more events!

Check Your Boxes!

Level 3
"Make it a Habit"

How many more boxes can you check?

Check Your Boxes!

Muncie Parks, Farmer's Markets, & Conservation Areas

Experience Muncie's natural play places and markets! Choose from 28 different parks, multiple farmer's and craft markets, and beautiful conservation areas.
Options to try: Heekin Park, Minnetrista Farmers Market, Christy Woods

Level 1
"Give It A Go"

Explore Muncie and make 2 visits, when you're done...

Check Your Boxes!

Level 2
"Take A Step Further"

What else can you find in Muncie? 3 more visits!

Check Your Boxes!

Level 3
"Make it a Habit"

How many more boxes can you check?

Check Your Boxes!