

# Interventions+ Health & Wellness Workflows

Feeling stressed out or overwhelmed?

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

Image (optional)

Am I getting enough physical activity

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

Image (optional)

Let's Check on Your Mood

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

Image (optional)

Monthly Mood Check

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

Image (optional)

Do I have healthy eating habits?

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

Image (optional)

Is it consensual?

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

- Image (optional)
- How much do you really know about Nicotine
  - Post Date: \_\_\_\_\_
  - Repeats: Yes / No
    - How often: \_\_\_\_\_
  - Channel Message: \_\_\_\_\_
  - Image (optional)
- How much do you really know about Marijuana?
  - Post Date: \_\_\_\_\_
  - Repeats: Yes / No
    - How often: \_\_\_\_\_
  - Channel Message: \_\_\_\_\_
  - Image (optional)
- Are you getting enough sleep?
  - Post Date: \_\_\_\_\_
  - Repeats: Yes / No
    - How often: \_\_\_\_\_
  - Channel Message: \_\_\_\_\_
  - Image (optional)
- Got the Winter Blues?
  - Post Date: \_\_\_\_\_
  - Repeats: Yes / No
    - How often: \_\_\_\_\_
  - Channel Message: \_\_\_\_\_
  - Image (optional)
- How much alcohol is too much?
  - Post Date: \_\_\_\_\_
  - Repeats: Yes / No
    - How often: \_\_\_\_\_
  - Channel Message: \_\_\_\_\_
  - Image (optional)
- Feeling Homesick?
  - Post Date: \_\_\_\_\_
  - Repeats: Yes / No
    - How often: \_\_\_\_\_
  - Channel Message: \_\_\_\_\_
  - Image (optional)

Are you consuming too much caffeine?

Post Date: \_\_\_\_\_

Repeats: Yes / No

How often: \_\_\_\_\_

Channel Message: \_\_\_\_\_

Image (optional)