



Wellness Toolkit

# #BLUESTARWELLNESS



Reach your wellness goals with help from your  
**#BLUESTARNEIGHBORS**





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# WELCOME

It's no secret that military families worry about the impact service has on their well-being and quality of life. We know because you've told us time and time again in our annual Military Family Lifestyle Survey. While we wish we could wave our magic wand and fix your worries and fears, the truth is, we can't. But we can empower you with tools and resources to thrive—not just survive—in this crazy, beautiful MilLife.

Blue Star Families does this by connecting you to military and civilian neighbors—people and organizations—who will do more than wave hello; we call them Blue Star Neighbors. In this easy-to-use toolkit, you'll find three awesome neighbors who want to make healthy-living affordable and accessible to military families throughout the nation.

But first, here's an easy and fun exercise to help you eat and move with purpose this year!

## HOW TO CREATE THE BEST VERSION OF YOU:

Design a vision board! Vision boards help you map out your intentions and/or goals to fuel the mind and body for wellness.





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## 3 STEPS TO SUCCESS:

1. Collect your supplies
  2. Create your board
  3. Reflect on your vision
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## HOW TO GET STARTED:

### STEP 1: COLLECT YOUR SUPPLIES

- Glue
- Scissors
- Old magazines (you can also use sites like Pinterest to find images and quotes that inspire you)
- Markers/Colored pencils
- Stickers
- Colored paper/Wrapping paper



### STEP 2: CREATE YOUR BOARD

- Put aside an hour of your day to create your board.
- Find a quiet and peaceful space that allows you to focus—without any distractions or interruptions.
- Define your goals as they pertain to wellness for both the body and the mind. Getting in the right headspace allows room for creativity.
- Find inspiration in pictures and words in magazines, and cut them out.
- Glue these pictures and words onto your vision board.
- Use glitter, colored paper frames, and drawings to give your board definition and life.



# HOW TO GET STARTED:

## STEP 3: REFLECT ON YOUR VISION

- Did anything surprise you during this process?
- Consider your vision and set a goal of a month, six months, or a year to realize your vision.
- Set aside a time every week to revisit your vision board. Do you want to add to it? What have you accomplished? How is your journey going?
- Celebrate your success. Creating a vision board and setting your intentions is the first step toward achieving your personal wellness goals.

Now that you've manifested your vision for wellness in a creative way, take advantage of these three tools offered by our awesome #BlueStarNeighbors to help you achieve the best version of you this year:

**THRIVE**  
- MARKET -

**Thrive Market**  
**FREE MEMBERSHIP**  
*(\$59.99 Value)*

Save money on top organic brands and have them shipped straight to your door!

**EatLove**

**EatLove**  
**3-MONTH**  
**SUBSCRIPTION**  
*(\$45 Value)*

Personalize your meal planning with weekly recipes, grocery lists, and meal prep strategies.



**Blue Star Parks**  
**FREE**  
*(\$59.99 Value)*

Explore the national parks in and around your area (2,000 parks to choose from)—free of charge!

Become a Blue Star Families Member to redeem these wellness perks.  
**JOIN US AT [BLUESTARFAM.ORG/JOIN](https://bluestarfam.org/join)**



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# ABOUT BLUE STAR FAMILIES

Blue Star Families builds communities that support military families by connecting research and data to programs and solutions, including career development tools, local community events for families, and caregiver support. Since its inception in 2009, Blue Star Families has engaged tens of thousands of volunteers and serves more than 1.5 million military family members. With Blue Star Families, military families can find answers to their challenges anywhere they are. For more information, visit [bluestarfam.org](http://bluestarfam.org).

