

ATD Los Angeles Chapter 2023
Lee Grandison, Charles Bickley, and Angela Gutierrez

Wellness Walk thru Middle Earth

One just does not walk into Mordor



THE
LORD OF THE RINGS

Wellness Walk

- The Wellness Walk is an exploratory game aimed at assisting participants to discover methods of managing stress by balancing spirit, mind, and body.
- The wellness wheel is used as a paradigm to explore options for stress management
- Each dimension is aligned with the areas spirit, mind, or body.

The image features a vertical banner on the right side. At the top, there is a circular cutout showing a scene from the movie. Below this, the title 'THE LORD OF THE RINGS' is written in a large, white, serif font. The background of the banner is a dark, textured brown. The circular cutout shows Gandalf the White on the left, holding a staff, and Aragorn on the right, looking forward with a serious expression. The title 'THE LORD OF THE RINGS' is positioned at the bottom of the banner, with 'THE' in a smaller font above 'LORD', 'OF THE' in a smaller font between 'LORD' and 'RINGS', and 'RINGS' in the largest font size.

THE
LORD
OF THE
RINGS

Wellness Walk..continue

- As you complete tasks in each dimension to identify and manage stress, you acquire a ring.
- There are 19 rings that can be earned and one golden ring to rule them all.

The logo for 'The Lord of the Rings' is displayed in a stylized, white, serif font. The words 'THE LORD OF THE RINGS' are stacked vertically. The background of the logo features a circular inset showing Gandalf the White on the left, holding his staff, and Frodo Baggins on the right, looking forward with a serious expression. The overall color scheme is dark, with the characters and text standing out against a black background.

THE
LORD
OF THE
RINGS

The Rings....



The One Ring to rule them all

A scene from The Lord of the Rings featuring Gandalf and Sam. Gandalf is on the left, holding a staff, and Sam is on the right, looking up at him. The background is a dramatic, hazy landscape.

THE LORD OF THE RINGS

Earning the Rings

Each Kingdom Ring adventure has 3 components

1. Exploring a dimension of wellness and your current stress management techniques.
2. An action plan to use aspects of the wellness dimension to manage stress.
3. Challenge - completing a stress management activity options given for points. There are 1, 2, and 3 points activities
4. Take a picture of your completing the challenges and load the into the accountability site under your name.
5. When you are done with your challenge, select the compass to get back to the map



THE
LORD
OF THE
RINGS

Kingdoms of the Rings - The Elves



The Elvish Kingdom represents “Spirit”
There are 2 wellness dimensions in the Elvish Kingdom

- Emotional Wellness
- Spiritual Wellness
- 3 rings and a potential 9 points can be acquired

THE
LORD
OF THE
RINGS



Kingdoms of the Rings - Mankind

The Kingdom of Men represents “Mind”

There are 4 wellness dimension in the
Kingdom of Men

- Intellectual Wellness
- Financial Wellness
- Social Wellness
- Occupational Wellness
- There are 9 rings and a potential 27 points to be earn



Kingdom of the Rings - The Dwarfs



The Kingdom of the Dwarfs represents
“Body”

There are 2 dimension of wellness in the
Dwarf Kingdom

- Physical Wellness
- Environmental Wellness
- There are 7 rings and a potential 21 points to be earned



The Guide

The Guide knows the customs and protocols of each kingdom. She is your guide for the exploration and challenges of each wellness dimension. You can ask her questions via MS Teams

A movie poster for 'The Lord of the Rings' featuring Gandalf the White and Samwise Gamgee. Gandalf is on the left, holding a staff, and Sam is on the right, looking forward with a determined expression. The title 'THE LORD OF THE RINGS' is written in a large, stylized font at the bottom.

THE
LORD
OF THE
RINGS



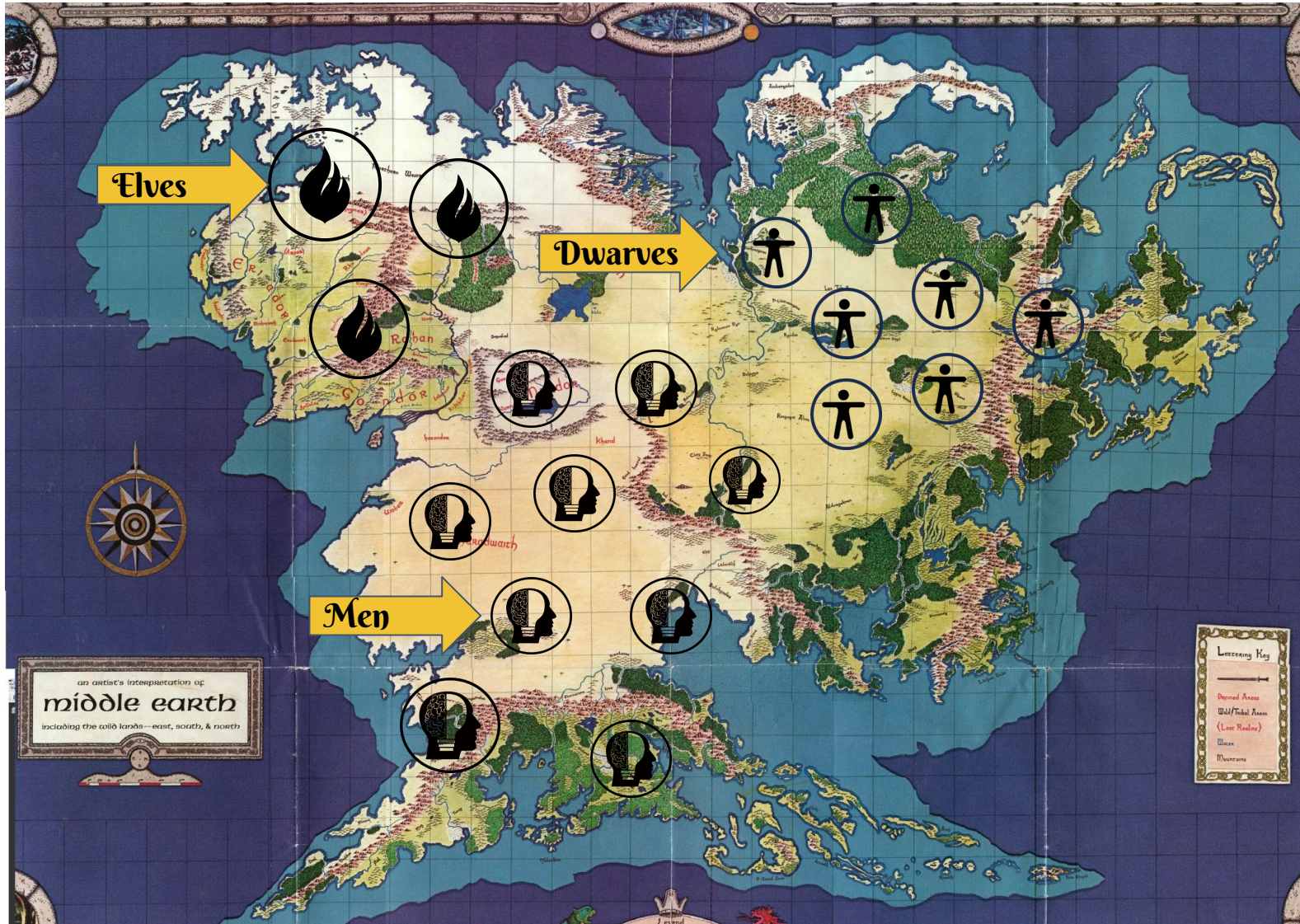
The Punisher

The Punisher is a wise and fair dragon. He will be the one accountable for checking the leaderboard for validity. If you are found “false” in your points, they will be taken away.

He will always want the “precious” for himself.



Pick a kingdom ring and begin your journey



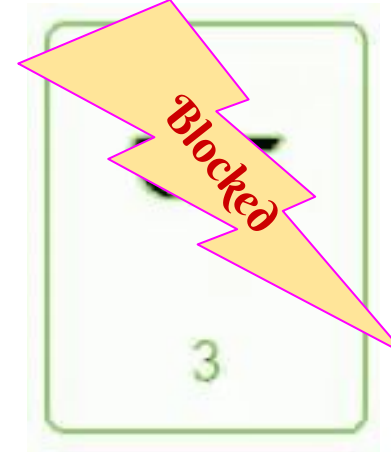
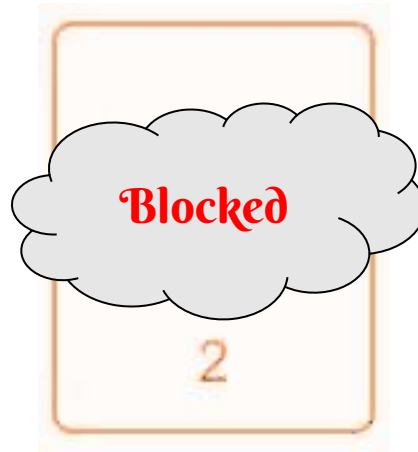


NW: Elvish Kingdom

Ready to dive into your inner strength!

Unlock
Levels 2
& 3

Start Here



THE
LORD
OF THE
RINGS

Elvish Kingdom of Lorean

3
POINTS

Set SMART Goals on your biggest project.

1

Read A Framework for Employee Performance Goals

Click



2

Create your SMART Goals

Click



Click

Submit your SMART Goals Here



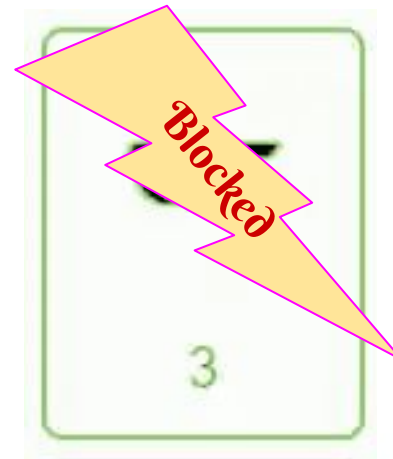
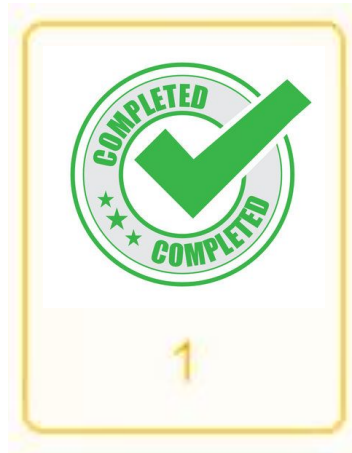
THE
LORD
OF THE
RINGS



NE: Elvish Kingdom

Ready to dive into your inner strength!

Level 2
Unlocked!



THE
LORD
OF THE
RINGS

Elvish Kingdom of Silone

3
POINTS

Take three mindfulness and meditation steps

Click

Article: Mindfulness-Based Stress Reduction:
The Ultimate MSBR Guide



To proceed
keep clicking
Emyrth



Click

TED Talk: Quiet Noise, Soothe your Soul with
Mindfulness and Meditation (15 minutes)



Click

Video: 20-minute meditation



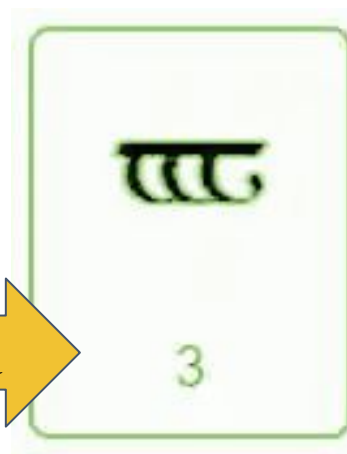
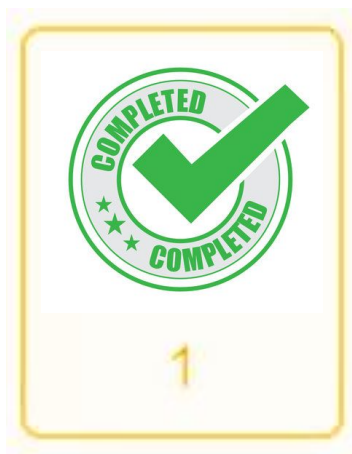
THE
LORD
OF THE
RINGS



Southern Elvish Kingdom

Ready to dive into your inner strength!

Level 3
Unlocked!



THE
LORD
OF THE
RINGS

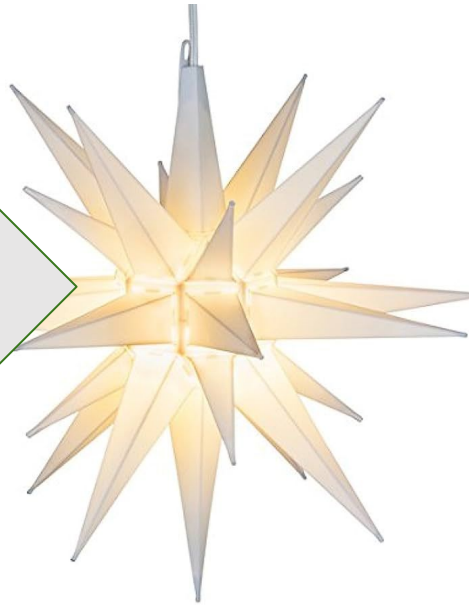


Elvish Kingdom of Glariat

3
POINTS

Congrats, you've reached the last level: Spiritual Well-being

To proceed keep
clicking the
Morovian Star



Click

Step 1: Read more about Spiritual Wellness



Click

Step 2: 20 minute Yoga - Be Present



Click

Step 3: Have 3 coworkers join you on a meditation hike this weekend and share pictures with your other coworkers.



THE
LORD
OF THE
RINGS





Elvish Kingdoms

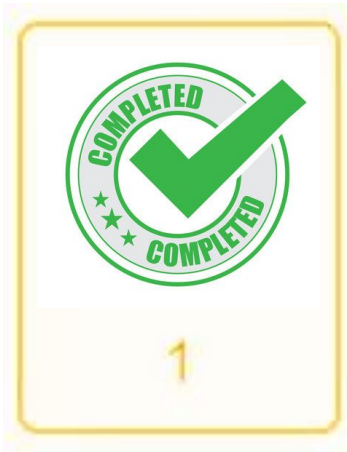


www.funmade.com

Points

Ready to dive into your inner strength!

Kingdom of
Men
Unlocked!



THE
LORD
OF THE
RINGS

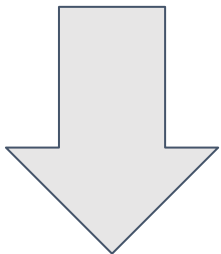


Kingdom of Men 1

Intellectual Wellness - recognizes creative abilities and encourages us to find ways to expand our knowledge and skills. Intellectual wellness can be developed through personal and professional development, cultural involvement, community involvement and personal hobbies.

How are you currently using intellectual wellness to manage stress?

**Decrease your stress by practicing
Intellectual Wellness in the challenges below.**



THE
LORD
OF THE
RINGS



Kingdom of Men Challenge 1

1

Read a professional publication for job.

2

Share the information on the publication with a co-worker

3

Share the link to the publication with a summary on LinkedIn



THE
LORD
OF THE
RINGS



Kingdom of Men Challenge 2

[Back to Map](#)

1

Start a new hobby

2

Create an artifact from participating in the new hobby

3

Teach someone else about the new hobby

A movie poster for "The Lord of the Rings: The Two Towers" featuring Gandalf the White and Samwise Gamgee. The title "THE LORD OF THE RINGS" is written in large, stylized white letters at the bottom.

THE
LORD
OF THE
RINGS



Kingdom of Men Challenge 3

[Back to Map](#)

1

learn a new technology to assist with daily life

2

Implement the technology in your life

3

Teach the technology to someone else.

A movie poster for "The Lord of the Rings: The Two Towers" featuring Gandalf the White and Samwise Gamgee. The title "THE LORD OF THE RINGS" is written in large, stylized white letters at the bottom.

THE
LORD
OF THE
RINGS

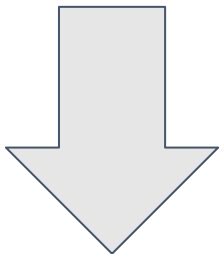


Kingdom of Men 4

Social Wellness - refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.

How are you using social wellness to manage stress?

Decrease your stress by practicing social wellness in the challenges below





Kingdom of Men Challenge 4

[Back to Map](#)

1

Text a friend you haven't contacted in a while.

2

Call a friend you haven't spoken to in a while

3

Host a gathering for your close friends





Kingdom of Men Challenge 5

[Back to Map](#)

1

Attend a volunteer event

2

Gather a group of friends to attend a volunteer event

3

Create a volunteer opportunity



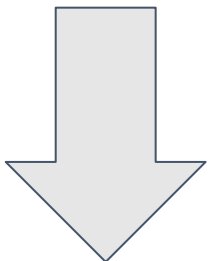


Kingdom of Men 6

Financial Wellness - is a state of financial well-being in which you can manage your bills and expenses, pay your debts, weather unexpected financial emergencies and plan for long-term financial goals such as building college funds and saving for retirement.

How are you using financial Wellness to manage stress?

**Decrease your stress by practicing
Financial Wellness in the challenges below.**





Kingdom of Men Challenge 6

[Back to Map](#)

1

Open a savings account for emergencies only.

2

Make the savings account - “save as you spend” account with your bank

3

Change your direct deposit to include your saving account



THE
LORD
OF THE
RINGS



Kingdom of Men Challenge 7

- 1 Check your credit score
- 2 Run your credit report and investigate any suspicious items
- 3 Talk to a financial advisor



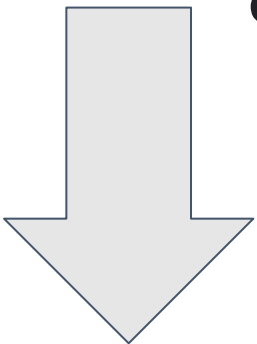


Kingdom of Men 8

Occupational Wellness - the ability to achieve a balance between work and leisure in a way that promotes health, a sense of personal satisfaction and is (for most people) financially rewarding.

How are you using Occupational Wellness to manage stress?

Decrease your stress by practicing occupational wellness in the challenges below.

A promotional image for 'The Lord of the Rings' featuring Gandalf and Aragorn. Gandalf is on the left, holding a staff, and Aragorn is on the right, looking forward. The title 'THE LORD OF THE RINGS' is written in large, white, serif letters across the bottom of the image.

THE
LORD
OF THE
RINGS



Kingdom of Men Challenge 8

[Back to Map](#)

- 1 Create a vision board for work/life balance
- 2 Share your vision board with a loved one
- 3 Post your vision board as a reminder of your goals





Kingdom of Men Challenge 9

[Back to Map](#)

3

Participate in a Workforce Wellness Initiative - Yes, this is a free-be



THE
LORD
OF THE
RINGS

Dwarf Kingdom 1

Challenge 1 - Running/Cardio

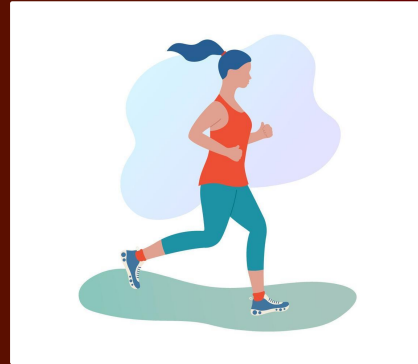
1



Light Cardio

Run some sprints or go for a light jog for at least 30 minutes. At least 3,000+ steps if using a smartwatch.

2



Medium Cardio

Run/Jog for at least 1 hour or a couple miles. At least 6,000+ steps if using a smartwatch.

3



Heavy Cardio

Run/Jog for at least 1.5 hours or 3+ miles. At least 9,000+ steps using a smartwatch.

THE
LORD
OF THE
RINGS

Dwarf Kingdom 2

Challenge 2 - Team Sports

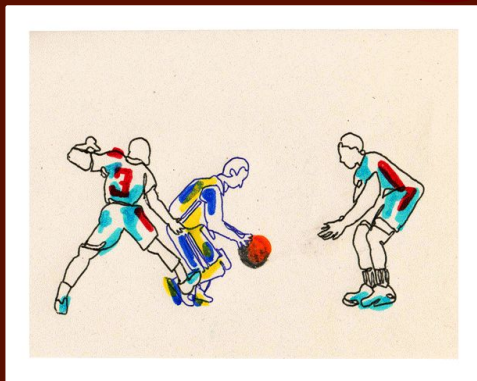
1



Small Team Sport

Play a sport with a small number of teammates (1-2) for at least an hour such as badminton or tennis.

2



Medium Team Sport

Play a sport with a medium number of teammates (3-6) for at least an hour such as basketball.

3



Large Team Sport

Play a sport with a large number of teammates (7+) for at least an hour such as soccer or baseball.

THE
LORD
OF THE
RINGS

Dwarf Kingdom 3

Challenge 3 - Individual Sports

1



Short Individual Sport

Play a sport with a short game time (30 min) such as pickleball or raquetball.

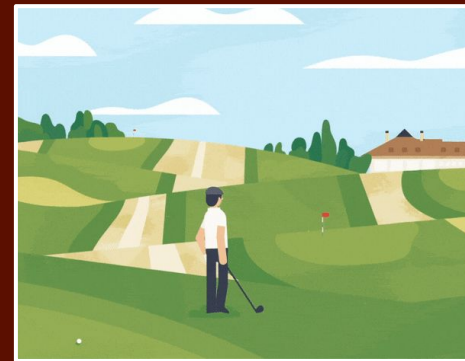
2



Medium Individual Sport

Play a sport with a medium game time (1 hr) such as tennis or bowling.

3



Long Individual Sport

Play a sport with a long game time (2+ hr) such as golf.



THE
LORD
OF THE
RINGS

Dwarf Kingdom 4

Challenge 4 - Strength Training

1



Upper Body

Develop an upper body workout regimen and lift multiple times a week.

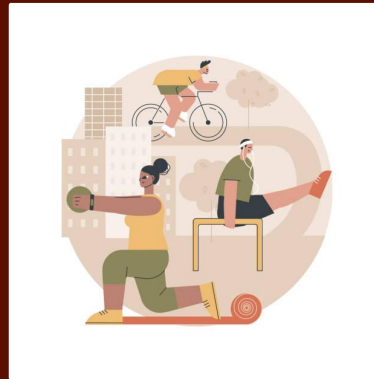
2



Lower Body

Develop a lower body workout regimen and lift multiple times a week.

3



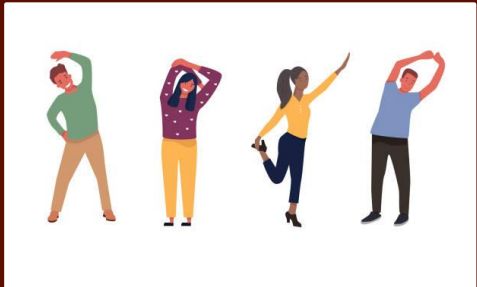
HIIT

Try a high intensity interval training workout and see what fits best for you.

THE
LORD
OF THE
RINGS

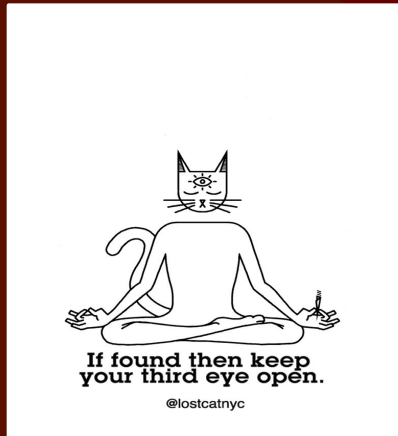
Dwarf Kingdom Challenge 5 - Stretching / Yoga

1



Beginner Stretching
Stretch or do some yoga workouts for 30 minutes.

2



Intermediate Stretching
Stretch or do some more advanced yoga workouts for 1 hour.

3



Hot Yoga Class
Try a local hot yoga/stretch class.

THE
LORD
OF THE
RINGS

Dwarf Kingdom Challenge 6 - Environment

1



Environmental Challenge #1

Ride a bike or walk instead of driving somewhere to cut down on fuel usage.

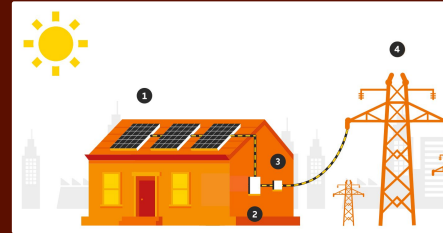
2



Environmental Challenge #2

Hang dry your clothes instead of using the dryer.

3



Environmental Challenge #3

Research ways to help the environment & choose one such as switching to renewable energy.

THE
LORD
OF THE
RINGS

Dwarf Kingdom Challenge 7 - Environment

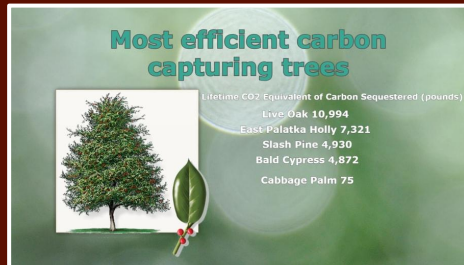
1



Environmental Challenge #1

Recycle the containers that the goods you use come in such as plastic, glass, aluminum and cardboard materials.

2



Environmental Challenge #2

Plant a tree of your choice that fights climate change and reduces carbon emissions at a high rate.

3



Environmental Challenge #3

Join a community environmental event such as picking up litter.

THE
LORD
OF THE
RINGS

The Ring to Power



Congrats! You did it!

