

Wellness Wednesday Challenge!

We challenge you to introduce healthy living habits and initiatives that you can incorporate into your lives. Each week during the Wellness Wednesday Challenge, introduce a new wellness practice — a small action you can take each day to improve your life. Try it out for a week. Keep the practices you like and leave the ones you don't!

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| <p>Wellness Wednesday Tip 1: Does a good night's sleep seem impossible? Maintain a healthy sleep routine to stay alert at work. Sleep enables the body to repair and be fit and ready for another day.</p> <ul style="list-style-type: none"> • Avoid caffeine in the afternoon • Wind down with a calming activity • Stick to a sleep schedule | <p>Wellness Wednesday Tip 2: Cabin Fever? Get outside! Sunshine is free mood enhancer that can lift your mood, strengthen bones and improve sleep.</p> <ul style="list-style-type: none"> • Go for a walk during breaks • Participate in an outdoor activity • Have a picnic lunch |
| <p>Wellness Wednesday Tip 3: Start your day with a smile! Smiling releases endorphins. These natural chemicals elevate your mood, but they also relax your body and reduce physical pain.</p> <ul style="list-style-type: none"> • Count your blessings • Do something nice for others • Keep happy reminders | <p>Wellness Wednesday Tip 4: Be sure to schedule time for yourself! Taking time for yourself can help you recharge and relax. It also allows you to think more clearly and make better decisions.</p> <ul style="list-style-type: none"> • Use your vacation days • Unplug on the weekend • Spend quality time with loved ones |
| <p>Wellness Wednesday Tip 5: Turn up the music! Enjoying music – whether you're playing or listening – can elevate your mood & motivation & aid relaxation.</p> <ul style="list-style-type: none"> • Create an upbeat playlist • Learn to play an instrument • Cut a rug and dance! | <p>Wellness Wednesday Tip 6: Give yourself a time out! Practice Meditation to reduce stress and controls anxiety.</p> <ul style="list-style-type: none"> • Commit to 5-30 minutes a day for meditation. • Add breathing exercises to your day. • Practice yoga or take a nature walk. |
| <p>Wellness Wednesday Tip 7: Eat well to keep healthy and energized! The right nutrition can boost your energy, mood and overall wellness.</p> <ul style="list-style-type: none"> • Start with a nutritious breakfast • Choose health snacks such a fruit • Drinks lots of water | <p>Wellness Wednesday Tip 8: Plan for a productive week! Stay Organized to increase productivity and decrease anxiety.</p> <ul style="list-style-type: none"> • Make a daily priority list • Declutter your workspace • Keep track on things in a calendar |
| <p>Wellness Wednesday Tip 9: Move your mood! Exercise for your body & brain! Exercise and stay physically active to relieve stress and improve your mood.</p> <ul style="list-style-type: none"> • Skip the elevator and take the stairs • Take a walk during lunch • Get active with friends | <p>Wellness Wednesday Tip 10: Give a Daily Dose of Gratitude! Give a Daily Dose of Gratitude to generate positive emotions to your family, colleagues, and friends.</p> <ul style="list-style-type: none"> • Keep a gratitude Journal • Give praise for a job well done • Send thank you notes |

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| <p>Wellness Wednesday Tip 11: Start Chopping! Learn a new recipe. Use cooking as a meditation with the promise of a meal at the end.</p> <ul style="list-style-type: none"> • Create a cookbook with your friends and colleagues and include everyone's favorite healthy recipe. • A family affair – include everyone in the cooking and create family bonding time and spur communication! • Meal prep for the week | <p>Wellness Wednesday Tip 12: Laughter is the best medicine! Entertainment is more than an escape. Studies have shown that laughter reduces the release of stress hormones in your body. Humor helps you keep a positive, optimistic outlook through difficult situations.</p> <ul style="list-style-type: none"> • Catch a silly movie • Read the latest book from your favorite comedian. • Share a good joke or a funny story |
| <p>Wellness Wednesday Tip 13: Tap your social Network! Engaging in social activities in the workplace can increase happiness and productivity.</p> <ul style="list-style-type: none"> • Enjoy a virtual lunch or happy hour with co-workers • Celebrate special occasions • Connect across departments | <p>Wellness Wednesday Tip 14: Use Your Brain. Stimulating your mind can help keep you moving forward and reduce feelings of isolation and helplessness.</p> <ul style="list-style-type: none"> • Work crossword puzzles • Read books • Play board games |
| <p>Wellness Wednesday Tip 15: Pick up a Book! Reading regularly can strengthen cognitive health, lower stress levels, and improve sleep.</p> <ul style="list-style-type: none"> • Download a popular new title • Listen to audio-books • Join a book club | <p>Wellness Wednesday Tip 16: Add a Splash of Color! Different colors can change your mood, lower blood pressure and improve sleep.</p> <ul style="list-style-type: none"> • Redecorate a space • Dress up your wardrobe • Be creative with colors |
| <p>Wellness Wednesday Tip 17: Make Time for Self-Care! Practicing self-care can help you recharge, maintain work-life balance, and improve your overall health.</p> <ul style="list-style-type: none"> • Go to sleep early • Spend time outdoors • Take a break from electronics | <p>Wellness Wednesday Tip 18: The Nose Knows. Aromatherapy may help reduce your feelings of stress, anxiety and even improve sleep.</p> <ul style="list-style-type: none"> • Light a candle • Use essential oils • Soak with bath salts |
| <p>Wellness Wednesday Tip 19: Achieve Financial Wellness. Financial Wellness is closely tied to your physical and emotional well-being. Being worried about money is a huge stressor that can impact your health. Setting goals can help you save money.</p> <ul style="list-style-type: none"> • Use a budget • Be aware of how you spend money • Automate Savings: Pay yourself first in savings account | <p>Wellness Wednesday Tip 20: Focus on the good things! A positive attitude helps build a healthier immune system and boosts overall health.</p> <ul style="list-style-type: none"> • Spend time with positive people • Stop all-or-nothing thinking • Savor the good moments |

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