

Rediscover Health & Wellbeing Challenge **OCTOBER 2023**

Also known as Mental Health Month, October will help you focus on your own mental health. Making sure time is dedicated to this aspect of your life will help in managing stress, improving sleep and relationships.

Complete 15 of the following 20 activities below to help turn your focus to improved mental health. On the date in the calendar, write in the task (or use the number from the list) you completed with your initial.

Personal Calendar

Name: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WELLBEING TASK IDEA LIST

1. Take a break at work - go for a 10 minute walk.
2. Reminisce on good times - pull out a old photo album.
3. Call a friend or write a letter to someone you haven't spoke to in a while.
4. Try a meditation or yoga video (or attend a class).
5. Reflect on your day by writing in a journal.
6. Schedule a game night.
7. Take an intentional coffee or tea break. Sit down and just enjoy as you sip.
8. Do 10 minute stretches before you go to bed.
9. Make time for one of your hobbies.
10. Turn off social media for a day.
11. Have a phone free night.
12. Listen to your favorite music artist.
13. Plan a nutritious meal.
14. Clean out some clutter in your space and donate to charity.
15. Go for a walk with a friend, loved on, or pet.
16. Say "Hi" to the people you walk by.
17. Get out into nature.
18. Go to bed 30 minutes earlier.
19. Take 10 minutes to read.
20. Drink just water today.



- Wellbeing Contagion TED Talk (10 pts.)
- Lunch & Learn October 18th (25 pts.)
- Yoga in the Park (15 pts.)

Total Points Earned

15 Points + 40 Bonus Points
(Earn up to 65 points total)