

4-week Workplace Wellness Challenge

June 6 to July 3

WEEK	WELLNESS FOCUS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
1	Social 	Say Good Morning! Greet the first person you meet with "Good morning."	Social Media Fast Do a social media fast. Decide how long it will be and commit to it.	"I appreciate You!" Tell someone why you appreciate them. Text, phone, email, send an e-card or say it face-to-face.	Reach out & Check-in Reach out and check in with a friend/co-worker.	Random Act of Kindness Surprise someone with a favour or gift. Bring a coffee to a friend or offer help with chores.	Repeat any activity from Week 1
2	Mental & Emotional 	"I am grateful for..." When you wake up, say what you are grateful for today.	Single-task today Commit to single-tasking by being fully present with doing 1 task at a time	Give Yourself a Compliment Practice positive self-talk. Give yourself a compliment.	Find Joy Do something that brings you joy, makes you laugh or feel inspired.	Pause and Celebrate Pause and celebrate one small victory. Say what you are proud of today.	Repeat any activity from Week 2
3	Physical 	Start a Healthy Habit Think of one habit or routine you have always wanted to try and add it to your day.	Eat your meals distraction-free Put away/turn off your phone and other devices during meal times.	Meatless Wednesday Have a meatless day by replacing meat with seafood or plant-based proteins: lentils, beans, tempeh, or tofu.	Move Dedicate at least 30 min to movement. Move or stretch 3-5 min every hour, take stairs, go for a walk at lunch.	Do a Comforting Pre-Bedtime Activity Read a book, take a soothing bath/shower, or get some fresh air.	Repeat any activity from Week 3
4	Environmental 	Be Energy Efficient Turn off and unplug electronics when not in use.	Recycle Recycle as much as you can today. Be mindful of what you are throwing in the garbage at work and at home.	Reduce Water Waste Turn off water when not in use or/and shorten your shower time.	Declutter Your Space Spend 15 minutes organizing items you want to keep; donate things you will not be using.	Use Reusable Use a reusable coffee mug, water bottle, or/and shopping bag.	Repeat any activity from Week 4