Two-Week Self-Care Wellness Challenge

The Wellness Committee invites you to engage in daily self-care activities from April 7 to April 20 to earn one wellness incentive category\*. Record your activities on the next page and submit the log to wellness@gjcity.org or drop it off in HR by ***Thursday, April 25*** for a chance to win 1 of 4 randomly drawn prizes.

**Double your chances to win by scheduling your biometric screening in the month of April with your physician or the Sage Health and Wellness Center. Record the date of your appointment on the next page.**

 **“What is self-care, and what are things I can do to log my time?”**

*Self-care means prioritizing your wellbeing by attending to your physical, social, mental, spiritual, financial, career, and emotional health. Come up with your own or use some of these suggested self-care activities.*

|  |  |
| --- | --- |
| **Employee Benefits** | **At work** |
| * Mental health counseling (available through [Triad](https://www.triadeap.com/) or [Sage](https://my.marathon-health.com/login)).
* Financial planning with your advisor or [Mission Square](https://sfdc.missionsq.org/event?SiteId=a0l3a00000GyXDvAAN).
* Healthcare appointment with your physician or [Sage](https://my.marathon-health.com/login).
* Creating a budget using [Smart Dollar](https://www.ramseysolutions.com/corporate-wellness/smartdollar/sign-up?utm_source=smartdollar-created&utm_medium=word_doc_email&utm_content=hyperlink&utm_term=financial_wellness_bu&utm_campaign=smart-tax) (keyword: cityofgrandjunctionco8722).
* Exercise, meditation or yoga sessions (suggestion: use the [Burnalong app](https://join.burnalong.com/grand-junction)).
 | * Connecting with someone who makes you smile or laugh.
* Decluttering your work area.
* Hydrating with plain water.
* Requesting help on a busy day.
* Short 15-minute walk to take a break.
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| **At home** | **General** |
| * Having a tech-free evening.
* Preparing a healthy meal.
* Savoring good memories by looking at photos or memorabilia.
* Playing board games or sports with friends.
* Going to bed 30-minutes earlier than usual.
 | * Setting an intention for the day.
* Self-affirmations or gratitude journaling.
* Listing what went well at the end of the day.
* Engaging in a hobby.
* Listen to or play music.
 |

***\*Wellness Incentive Categories include: Financial, Career, Social, Overall Well-being, and Mental.***

Two-Week Self-Care Wellness Challenge Log

**Your Printed Name: Email:**

|  |  |
| --- | --- |
| **Date** | **Activity Description** |
| Sunday, April 7 |  |
| Monday, April 8 |  |
| Tuesday, April 9 |  |
| Wednesday, April 10 |  |
| Thursday, April 11 |  |
| Friday, April 12 |  |
| Saturday, April 13 |  |
|  |  |
| Sunday, April 14 |  |
| Monday, April 15 |  |
| Tuesday, April 16 |  |
| Wednesday, April 17 |  |
| Thursday, April 18 |  |
| Friday, April 19 |  |
| Saturday, April 20 |  |

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| --- |
| **OPTIONAL: Double your chances to win by scheduling your biometric screening in the month of April with your physician or the Sage Health and Wellness Center. Date of your appointment:**  |

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