

October Wellness Challenge

From Oct 1 - Oct 31 try to complete as many health and wellness activities as possible. Check off the activities you've completed and submit at the end of the month for a chance to win!

Physical

- ☐ Stretch
- ☐ Go for a walk
- ☐ Drink 8 cups of water
- ☐ Eat 7-10 servings of fruits and vegetables

Environmental

- ☐ Go for a mindful walk in nature
- ☐ Admire the autumn leaves
- ☐ Use a re-usable mug
- ☐ Clean up garbage in your neighbourhood

Financial

- ☐ Use a coupon
- ☐ Bring your lunch to work
- ☐ Do a "no spend" week
- ☐ Contribute to a savings account

Spiritual

- ☐ Forgive
- ☐ Do an act of kindness towards yourself
- ☐ Meditate/Practice Mindfulness
- ☐ Start a reflection journal

Occupational

- ☐ Take a break
- ☐ Ask a colleague how they are
- ☐ Create or review your career goals
- ☐ Explore the new intranet

Social

- ☐ Smile at a stranger
- ☐ Call a family member/friend
- ☐ Learn something new about a colleague
- ☐ Plan a fun themed work meeting

Emotional

- ☐ Take time to enjoy a hobby
- ☐ Make a list of your personal priorities
- ☐ Tell yourself something positive
- ☐ Notice and evaluate negative feelings

Suggestions

What other wellness activities would you be interested in participating in?

- ☐
- ☐
- ☐
- ☐