

September

Wellness Challenge

Designate a spot at your care desk/team room to post the challenge and the response sheets.

Print out an 11x17 blank paper. During your shift, complete the question for that day and write it anywhere on the response sheet.

Bring them into your daily huddles/check-ins, or friendly conversation's at the care desk.

At the end of the month scan and email or send the hard copy to Wellness A279 (wellness@waypointcentre.ca).

Schedule Sunday	Mindful Monday	Tuneful Tuesday	Workout Wednesday	Thankful Thursday	Fuel up Friday	Smile Saturday
27	28	29	30	31	1 What is one thing you are looking forward to this weekend?	2 Share your favourite joke!
3 Add one thing into your schedule for yourself. What did you add?	4 Take 5 to 10 deep breaths. Choose 1 word to describe how you are feeling.	5 Name the ultimate throwback song!	6 Walk 10,000 steps today. Write down how many steps you ended your shift with.	7 Write down two things you are thankful for today.	8 What is one thing you can do this weekend to recharge?	9 Share a positive quote!
10 Add two things into your schedule for yourself. What did you add?	11 Write down three things you are grateful for!	12 Name a song that you just have to sing out loud!	13 What is one way you can exercise your mind today?	14 Write down one person you are thankful for today.	15 What is one thing you can do this weekend to refuel?	16 Write down one thing that made you smile today.
17 Add three things into your schedule for yourself. What did you add?	18 Take two minutes and complete a body scan? How is your body feeling?	19 Name your favourite song!	20 Move your body for 30 minutes today. What activity did you do?	21 Write down one place you are thankful for today.	22 Spend time with someone important to you.	23 Complete one act of kindness for someone else.
24 Add one thing to each day this week for yourself!. What did you add?	25 Take a mindful walk. Using your five senses, what did you notice?	26 Create a mood-boosting playlist! What did you title it?	27 Stretch it out! Take five minutes to stretch! What stretches did you complete?	28 What about this week that has been better than last week?	29 Take five minutes to yourself without distractions.	30 Complete one act of kindness for yourself!