

Try a Wellness Challenge!

It's time for a wellbeing reset.

The goal: to give you some tools to help you be better able to cope during these challenging times.

These week-long challenges are designed to help you make positive changes in your life by improving your physical and emotional wellbeing using small, sustainable changes. The challenges are flexible: you can pick an area that interests you or do all three for a 21-day lifestyle reboot!

Position yourself for success with these tips:

- **Think of it as selfless:** You need to take care of yourself to give your best. You are doing this for yourself and for those who rely on you, such as your family, friends, colleagues and employer.
- **Something is better than nothing:** Anything you do is an improvement, and a win. The goal isn't to be perfect. Don't talk yourself out of doing something, or give up, because you don't think you can do as much as you intended, forget, or skip a day.

Bonus tips:

- **Find an accountability buddy:** Having someone you have to answer to, who can motivate, challenge, celebrate and commiserate with you is very powerful. Get a group of two, three, or four friends for added accountability.
- **Set daily reminders:** Whether in your calendar, on your phone, or sticky notes on the bathroom mirror, reminders will help you stay on track.
- **Keep it up afterward:** Improving your wellbeing is an ongoing process, so adopt one or two new habits that changed you for the better.

Are you ready?

- Step it up with the Physical Wellness Challenge
- Be kind to your mind with the Mental Wellness Challenge
- Give yourself some love with the Self-Care Challenge



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