



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

WEEK ONE TASKS: MEND YOUR MINDSET

5 POINTS

Take a 20-minute walk outside.

Time outdoors is great for stress relief and mental wellness. Enjoy the benefits of fresh air – and green space if you can!

5 POINTS

Commit to single-tasking.

Often, our busyness also causes us to be distracted. Be fully present in the tasks you do today.

10 POINTS

Eat all of your meals screen-free today.

Setting aside technology can help us be more mindful when eating. Enjoy quiet time with yourself or conversation with others.

10 POINTS

Spend 15 minutes decluttering.

An organized space can help bring calm to a busy day. Choose a room or workspace to declutter and organize.

10 POINTS

Enjoy a FULL day without social media.

Many of us like, tweet, and share all day long. Take a break and use that time to nurture relationships with the people around you.

15 POINTS

Schedule 15 minutes of worry time.

Make time to acknowledge your worries and plan how to address them. Do your best to avoid it outside of this allotted time.

15 POINTS

Do something to help you de-stress.

Listen to soothing music or enjoy quiet time in soft lighting. We all have activities that we enjoy and find relaxing. Do them!

20 POINTS

BONUS!!!

Share a resource that fosters self-care and a healthy mindset. A blog, website, book, article... it can be anything!