



MIND + BODY + SOUL

# TRIPLE THREAT WELLNESS CHALLENGE

## WEEK ONE TASKS: MEND YOUR MINDSET

### 5 POINTS

#### Do 20-minutes of movement 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!