

2023 SKYHAWK WELLNESS CHALLENGE

Overview

The Challenge is designed to help participants create and/or maintain a desirable work-life balance. Join/create a team of 4-10 members and receive individual points for participation in various health categories (movement, nutrition, sleep, campus activities and wellness program initiatives, preventative health, volunteerism, environmental awareness, personal health goal). Total team points tallied at the end of the Challenge. The team with the most average points will win the grand prize. All participants who finish will receive a

Complete a registration form at (<https://www.fortlewis.edu/wellness/OurPrograms/SkyhawkWellnessChallenge>) and send to

Incentive to participate:

1. Participating in the challenge is the real reward; however, prizes will be given to those who complete the challenge (Prizes will be determined based on number of participants)

Gratitude and Mindfulness Gratitude allows us to notice the many blessings we have and distracts us from the many misfortunes that we face. Mindfulness helps us deal to our misfortunes with grace, acceptance, and meditation. Together these two practices nurture the happier self within us. Practicing both can have numerous benefits, everything from decreased stress and sadness to increased levels of happiness and focus. Possible activities include journaling, deep breathing, filling a gratitude jar, reflection, and meditation. **Up to 7 points per week and 1 point per day**

Sleep:

We are sleep deprived! And, sleep not only a reward in itself but must be included in a thorough wellness action plan. **1 point = 7 minimum of hours of sleep any night**

Campus Activities & Wellness Program Participation:

The WW committee will be offering several activities (yoga classes, brown bag speakers, etc.) throughout the Spring 2020 semester, all of which will earn you points in the challenge. Information about these activities will be posted weekly on FLC Official and FLC Announce.