PINE REST
Employee • Church • School Assistance Programs

30-Day WORKPLACE WELLNESS CHALLENGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Week 1 **Social** 	**"I Appreciate You!"** Tell a co-worker why you appreciate them.	**Random Act of Kindness** Surprise someone with a favor or a small gift.	**Social Media Detox** No social media for 24 hours. Connect face to face.	**Give Compliments** Give a heartfelt compliment to at least 2 people.	**Reconnect** Reach out to a distant friend or family member.	**Repeat one challenge from week 1**
Week 2 **Emotional** 	**"I am Grateful for"** Write down three things that you are grateful for today.	**Find Joy** Do one thing that brings you joy or inspires you.	**Practice Mindfulness** Take 10 minutes to pause, breathe and be fully present.	**Appreciate You!** Write one thing you are proud of yourself for today.	**Check It Off** Complete one task you have been putting off.	**Repeat one challenge from week 2**
Week 3 **Physical** 	**Meatless Monday** Replace meat with fish, veggies, or plant-based protein.	**Sunshine Boost** Spend 30 minutes outside walking, biking, or moving.	**Hydration** No sugary drinks today and aim for 64 oz. of water.	**New-to-You Moves** Do a physical activity you have never tried before.	**Desk-ercise** 15 minutes of chair squats or dips, calf raises, or leg lifts.	**Repeat one challenge from week 3**
Week 4 **Financial** 	**No Out-to-Eat** One week, no restaurants; make all meals at home.	**Goal-Oriented** Plan and commit to one financial goal for next month.	**Cancel Culture** Assess your services and cancel what isn't used.	**Review Coverage** Check insurance rates with other providers.	**Free Fun** Plan a free activity. Hiking, park picnic, game night, frisbee.	**Repeat one challenge from week 4**
Week 5 **Self-Care** 	**Compliment You!** Positive self-talk: List 3 things you like about yourself.	**One Hour Refresh** Set aside one hour for no interruptions and just-you-time.	**Cut the Clutter** Clean and organize 3 drawers or cupboards.	**Day Date** Enjoy lunch away from work with a friend or colleague.	**Allow a Splurge** You deserve a splurge for making it to Friday!	**Repeat one challenge from week 5**