

Stress Less/Better Balance Challenge

A CHS Teammate Engagement Prize Drawing – All in to Win!



GOAL: Consider these daily suggestions to keep a positive outlook and boost your personal mental health. Complete a minimum of 20 of the suggestions below to earn your *All in to Win* prize drawing entry. Complete these in any order!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
	✓ Put a check in the cell if you have practiced the suggested Mental Health booster; count total checks for your achievement.							
Week 1	<input type="checkbox"/> Take a break and go for a 5 minute walk	<input type="checkbox"/> Attend a CHS LiveWELL fitness class	<input type="checkbox"/> Start a gratitude journal and include being thankful for YOU	<input type="checkbox"/> Take something off your TO DO list	<input type="checkbox"/> Forgive someone	<input type="checkbox"/> Drink sensibly; don't drink to escape	<input type="checkbox"/> Have a family game night	
Week 2	<input type="checkbox"/> Laugh and make someone else laugh!	<input type="checkbox"/> Get 8 hours of sleep	<input type="checkbox"/> Try aromatherapy; especially lavender	<input type="checkbox"/> Do something playful: hula hoop, swing at the park, play cards	<input type="checkbox"/> Take two 5 minute breaks from work today	<input type="checkbox"/> Write down one thing you are thankful for	<input type="checkbox"/> Dance! Even if it's in your kitchen!	
Week 3	<input type="checkbox"/> Give recognition or encouragement to someone	<input type="checkbox"/> Listen to upbeat music like Pharrell's song "Happy"	<input type="checkbox"/> As you wake up, and several times today, affirm "Today is going to be a good day."	<input type="checkbox"/> Volunteer with Community Benefit	<input type="checkbox"/> Exercise for 60 minutes	<input type="checkbox"/> Schedule your annual wellness visits	<input type="checkbox"/> Perform a Random act of kindness	
Week 4	<input type="checkbox"/> Sit alone and do nothing for 5 minutes	<input type="checkbox"/> Get in touch with a person who values YOU	<input type="checkbox"/> Eliminate caffeine and sugar, which can impact mood	<input type="checkbox"/> As you wake up, and several times today, affirm "I am thankful for today."	<input type="checkbox"/> Take a deep breath; inhale then exhale	<input type="checkbox"/> Call someone you enjoy talking to just to say hello	<input type="checkbox"/> Write down one thing that gives your life meaning	

- **Report your results to be entered into the *All in to Win* prize drawing:** After challenging yourself for four weeks go to LiveWELL.CarolinasHealthCare.org, then *All in to Win Challenges* or click [here](#) to report the number of days in 4 consecutive weeks that you achieved the goal.
- **Be sure to enter your correct six-digit employee ID when reporting.** Each new challenge completed and reported will earn four entries in the *All in to Win* Prize Drawing. **Questions:** Contact CHS LiveWELL at 704-355-8136 or email LivewellEvents@CarolinasHealthCare.org.

TOTAL ACTIVITIES completed: