

Challenge Dates: Monday May 26 to Sunday June 22

How to register:

JOIN HERE

This exciting 4-week individual challenge is designed exclusively for UPEI staff and faculty to prioritize overall well-being through fun, themed, daily activities.

Each week, you'll be encouraged to engage in: Mindful Mondays, Tasty Tuesdays, Wellness Wednesdays, Thoughtful Thursdays, Fitness Fridays, Social Saturdays and Self-Reflection Sundays.

It's a great way to boost your health, connect with colleagues and cultivate lasting wellness habits one day at a time!

Wellness encompasses physical, mental and nutritional aspects, working together to promote overall well-being. Healthy eating, physical activity, and mental health are interconnected and contribute to a balanced and fulfilling life. This challenge encourages staff and faculty to make positive changes to their physical and mental wellbeing.

Each day is focused on an area of wellbeing with a breakdown of the why and resources to explain.

Focus	Why	Resources
Mindful Mondays	Mindfulness practices have been shown to reduce stress, improve attention, and support emotional regulation.	Mindfulness for Your Health: The Benefits of Living Moment by Moment Dr. Ellen Langer: Using Your Mind to Control Your Physical Health & Longevity (Podcast)
Tasty Tuesdays	Eating healthy foods can boost your mood, give you more energy, and help you do better in school or at work.	Live Well PEI: Eat Well Diet and Mental Health How Different Diets Impact your Health (Podcast)
Wellness Wednesdays	Personal Wellbeing is caring for yourself and maintaining an overall state of happiness and balanced sense of wellbeing.	What is Wellness
Thoughtful Thursdays	Practicing gratitude and self- compassion can help you feel more balanced, reduce stress, build a kinder relationship with yourself and connect with others.	Why Self-Compassion Trumps Self-Esteem Research on Self-Compassion The Neuroscience of Gratitude and Effects on the Brain A Brief Gratitude Writing Intervention Decreased Stress and Negative Affect During the COVID-19 Pandemic
Fitness Fridays	Regular physical activity improves mood, cognitive functioning, and sleep while reducing anxiety and depression.	Live Well PEI: Move Well ParticipACTION YMCA Home Fitness Island Trails Active Living For Aging Adults Active Aging Canada
Social Saturdays	Social connection is a core protective factor for mental and physical health. Activities that build relationships can buffer stress and improve happiness and longevity.	The Impact of Social Connection on Health Live Well PEI: Feel Well
Self-Reflection Sundays	Intentional self-reflection supports identity development, goal setting, and adaptive coping strategies.	25 Self-Reflection Questions: Why Introspection Is Important Stressed and Overwhelmed: 10 Learnings That Changed How I Think About Emotion

How does the Challenge work?

Each week, registered participants are sent a weekly form outlining the associated wellness activities for the week under the daily theme. Participants are encouraged to complete at least one activity per day related to the themes of wellness for that day. At the end of the week, participants must submit their completed wellness activities form that outlines the activities they did that correlate with the themes of Mindful Mondays, Tasty Tuesdays, Wellness Wednesdays, Thoughtful Thursdays, Fitness Fridays, Social Saturdays and Self-Reflection Sundays and submits by noontime the following Monday.

Those participants that submit their forms will be entered into a weekly drawing of a gift bag valued at over \$50. Grand Prize Draw: Mysa Spa Package (one-night accommodations and 2 Thermal Spa passes) or a Mill River Resort Golf Package (one night for two, two golf rounds per person). Winners' choice. Value approx. \$500. Note some stipulations apply to both packages, ie. Dates available, etc.

Below are the weeks, and deadlines for form submission,

Week 1: May 26 – June 1

Form submission deadline – Noon June 2

Week 2: June 2 - June 8

Form submission deadline – Noon June 9

Week 3: June 9 - June 15

Form submission deadline - Noon June 16

Week 4: June 16 – June 22

Form submission deadline - Noon June 23

Frequently Asked Questions?

- 1. Do I have to do only Mindful activities on Monday? No. The themes are just ideas and can be done any day of the week. Focus on the activity and theme, not the day of the week.
- 2. Do I have to do the activities listed? No, you can enter things you've done under 'other'.
- 3. If I win a weekly prize, am I still eligible for the Grand Prize and other weekly prizes? Yes, provided you enter your forms every week.
- 4. Is there a registration deadline? No, you can register at any time. However, your forms for the week are due each week.

Weekly Group Activities

Each week challenge participants will have the option to participate in group activities to enhance wellness on campus. (note space may be limited with some activities).

Group activity or events: (note you do not have to be registered in the challenge to participate in any of these activities)

Panther Wellness Prowl – Explore, Celebrate and Win! On Wednesday, May 28 11:00 am – 1:00 pm. Join us for the Panther Wellness Prowl, a fun celebration tour across campus highlights key wellness spaces: the Health Centre, Sports Centre, SVPRO office and EDI office. Stop by each location to learn more about their services, enjoy a snack and refreshments — plus a celebration cake at the Health Centre! Collect a sticker at every stop and be entered into a grand prize draw for a wellness gift basket valued at over \$250. Come prowl with us and celebrate wellness at UPEI! You can start at any of the locations listed.

Mandala Painting – Wednesday, June 4. The activity will be held from 12:00 pm/noon – 1 pm. Join us for a relaxing Mandala Painting session and explore the art of mindfulness through intricate patterns and colors. No prior experience needed – just bring your creativity. To register please email Angela Marchbank at amarchbank@upei.ca. Only 30 spots available. All supplies provided. Door prize draw.

Caring for your Herbs presentation/demo by Vesey Seeds – Wednesday, June 11. Activity will be held from 12:00 pm/noon – 1 pm. A demo and discussion about growing and caring for herbs. Each Participants will also be given an herb plant to take home. To register please email Angela Marchbank at amarchbank@upei.ca. Only 30 spots available. Door prize draw.

Campus Car Free Week – June 9 – 13. Celebrate Car Free week by choosing greener, healthier ways to get around – walk, cycle, carpool, park off campus or take public transportation and reduce your carbon footprint. Let's move toward a cleaner, more sustainable future together.

Wellness Check- June 18 Take a moment for yourself to visit a couple of wellness booths and enjoy a coffee break with colleagues. Wednesday, June 18, 11:00 am – 1:00 pm at McMillian Hall, W.A. Murphy Student Centre. Coffee, Tea and snacks provided. Door prizes!

Nutrition Demo - Friday, June 20. "Eating Well for Less" is a hands- on food demonstration that shows how nutritious meals don't have to come with a high price tag. Participants will learn simple, budget-friendly recipes using affordable and accessible ingredients. This session will also include practical tips for grocery shopping on a budget, reducing food waste, and meal preparation to save both time and money while supporting a healthy lifestyle. Friday June 20, 12:00pm – 12:45 pm. Pre- registration required. Only 30 spots. Door prize.

Weekly yoga and meditation class – WEEKLY. Experience deep relaxation designed to soothe the body and calm the mind. Perfect for all levels, this session offers a peaceful space to reconnect and unwind. This class is held every Thursday at noon for UPEI staff/faculty only. It's free. To register log into recreation.upei.ca and click on the 'wellness icon' and follow prompts.

Outdoor Fun games and equipment sign out - All UPEI staff and faculty can sign out at the Panther Central desk (Chi-Wan Young Sports Cenre) any of the items listed here. You must have your campus id card. Items can be signed out for longer than a day. Items include outdoor pickleball net, paddles and pickleballs, spike ball set, bocce ball set, Yardzee game, washer toss game, ladder ball game and croquet set.