

# SPRING INTO WELLNESS CHALLENGE

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.	<a href="#"><u>Mindfulness for Your Health: The Benefits of Living Moment by Moment</u></a> <a href="#"><u>Dr. Ellen Langer: Using Your Mind to Control Your Physical Health &amp; Longevity</u></a> (Podcast)
Tasty Tuesdays	Eating healthy foods can boost your mood, give you more energy, and help you do better in school or at work.	<a href="#"><u>Live Well PEI: Eat Well Diet and Mental Health</u></a> <a href="#"><u>How Different Diets Impact your Health</u></a> (Podcast)
Wellness Wednesdays	Personal Wellbeing is caring for yourself and maintaining an overall state of happiness and balanced sense of wellbeing.	<a href="#"><u>What is Wellness</u></a>
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.	<a href="#"><u>Why Self-Compassion Trumps Self-Esteem</u></a> <a href="#"><u>Research on Self-Compassion</u></a> <a href="#"><u>The Neuroscience of Gratitude and Effects on the Brain</u></a> <a href="#"><u>A Brief Gratitude Writing Intervention Decreased Stress and Negative Affect During the COVID-19 Pandemic</u></a>
Fitness Fridays	Regular physical activity improves mood, cognitive functioning, and sleep while reducing anxiety and depression.	<a href="#"><u>Live Well PEI: Move Well ParticipACTION</u></a> <a href="#"><u>YMCA Home Fitness</u></a> <a href="#"><u>Island Trails</u></a> <a href="#"><u>Active Living For Aging Adults  </u></a> <a href="#"><u>Active Aging Canada</u></a>
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.	<a href="#"><u>The Impact of Social Connection on Health</u></a> <a href="#"><u>Live Well PEI: Feel Well</u></a>
Self-Reflection Sundays	Intentional self-reflection supports identity development, goal setting, and adaptive coping strategies.	<a href="#"><u>25 Self-Reflection Questions: Why Introspection Is Important</u></a> <a href="#"><u>Stressed and Overwhelmed: 10 Learnings That Changed How I Think About Emotion</u></a>

## 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.

