

2023

EMOTIONAL WELLNESS

CHALLENGE

SEPT. 18TH TO OCT. 16TH, 2023



Health PEI
EMPLOYEE WELLNESS TEAM

The purpose of the emotional wellness section of the wellness wheel is to improve mental clarity and increase happiness while simultaneously decreasing stress, anxiety and depression and many more. You do not have to suffer in silence anymore! Below you will find task/activities that will help built a strong emotional wellbeing.

The Emotional Wellness Challenge runs from **September 18 – October 16**. All those who have completed activities by **October 2** will also be entered into an Early Bird Draw!

The Emotional Wellness pin is one of eight pins to complete the Wellness Wheel. Collect all 8 pins for a chance to win a prize!

All participants will receive an Emotional Wellness pin and have a chance to win some awesome prizes! Complete at least **THREE** activities from list below and complete the Survey Monkey at: <https://www.surveymonkey.com/r/3PZPMGL>



- MindBeacon – Click on the link and sign up for internet delivered Cognitive Behavioural Therapy delivered by MindBeacon (<https://info.mindbeacon.com/access-mb/healthpei>)
- Journal
- Read a book
- Create a vision board/list of goals for the next year
- Give a random person a compliment
- Click on the link (<https://src.healthpei.ca/inspirational-quotes>) to pick a weekly inspirational quote to post in your department or share as an email or post on your door
- Use massage the chair at your site
- Get at 7-9 hours of sleep
- Do a self-check in
- Meditate

- Do yoga
- Check in with your coworkers
- Give your coworker a compliment
- Preform a random act of kindness
- Go get a massage using work benefits through Canada Life
- Listen to music/dance
- Call a family/friend to chat/check in
- No social media for a day
- Disconnect from electronics 1 hours after waking up and prior to going to bed
- Use kind self-talk
- Write a letter of encouragement for your future self to open on a hard day
- Practice giving your complete undivided attention to those you speak with today

