

2024



INTELLECTUAL WELLNESS CHALLENGE

FEBRUARY 19TH TO MARCH 15TH, 2024

Intellectual wellness is achieved by allowing your brain both stimulation and rest. The activities for this challenge will help you achieve this balance by providing your brain with challenging activities as well as giving your brain the opportunity to rest.

All participants will receive an Intellectual Wellness pin and have a chance to win some awesome prizes!

Everyone that has completed their activities by March 1ST will be entered into an early bird draw.

Register your completed activities with the following survey monkey <https://www.surveymonkey.com/r/PVFFFMH> for a chance to win prizes!

Complete four of the nine activities to enter draw:

- Read a book
- Join your local library
- Explore a new hobby/skill
- Complete a brain wellness activity such as solving a puzzle, crossword, or sudoku
- Watch an educational show or listen to an educational podcast
- Complete some of your annual competency education for work
- Complete a learning style quiz at the following link <https://www.jobbank.gc.ca/seeheardo>
- Create and practice a sleep hygiene routine (like going device free for 30-60 minutes before bed, having a consistent wake up time, and decreasing caffeine intake prior to sleep. Visit <https://www.sleepfoundation.org/sleep-hygiene> for more ideas)
- Complete our mindful meditation session at: <https://src.healthpei.ca/health-pei-employee-wellness-team>



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EMPLOYEE WELLNESS TEAM

