

## INTELLECTUAL WELLNESS CHALLESS

**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 1<sup>ST</sup> will be entered into an early bird draw.

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

## SOCIAL WELLNESS Developing a sense of connection, belonging, and a well-developed support system OCCUPATIONAL WELLNESS Personal satisfaction and enrichment derived from one's work FINANCIAL WELLNESS Satisfaction with current and future financial situations ENVIRONMENTAL WELLNESS Good health by occupying pleasant, stimulating environments that support well-being ENVIRONMENTAL WELLNESS Recognizing creative abilities and finding ways to expand knowledge and skills

## 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-employeewellness-team



