

# 2023

## SOCIAL WELLNESS

# CHALLENGE

### AUGUST 1<sup>ST</sup> TO 29<sup>TH</sup>, 2023



Health PEI  
EMPLOYEE WELLNESS TEAM

The social wellness section of the wellness wheel refers to the quality of your relationships with others. Keeping a strong network of people that you feel connected to is key to your social wellness and can help fend off feelings of stress, isolation, loneliness, or even depression.

All participants will receive a Social Wellness pin and have a chance to win some awesome prizes! Complete at least **THREE** activities from list below:



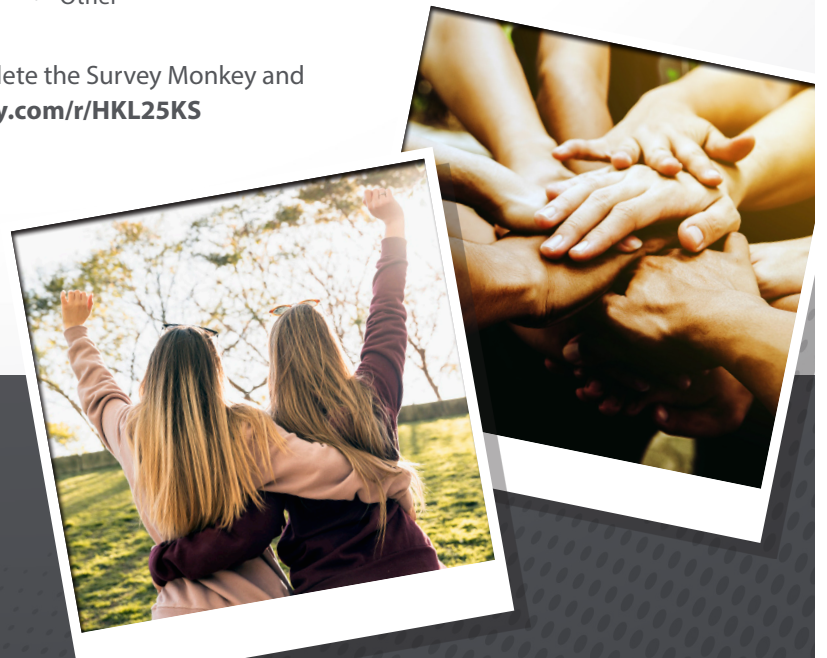
- Take a walk for at least 15 minutes with a friend
- Schedule a walking meeting
- Have a games night with friends or family
- Acknowledge or compliment a friend or coworker
- Form or participate in a book club
- Organize a team lunch
- Volunteer
- Call a family member or friend on the phone
- Smile and say hello to a neighbor
- Go to a movie or concert with a friend
- Visit a neighbor or friend
- Go to a Farmers Market with a friend or family member

- Attend any community event
- Take part in any group activity (sports, art, etc.)
- Eat lunch with staff from another department or unit
- Chat or introduce yourself to a staff member from another department or unit
- Create a social activity in your unit or department (health snacks to share, recipe sharing, etc.)
- Practice Mindfulness and Meditation with a group
- Donate to a local food bank or shelter
- Other

Take a picture of yourself doing one of the activities, complete the Survey Monkey and attach the picture. Survey at: <https://www.surveymonkey.com/r/HKL25KS>

Complete three activities by August 29. All those who have completed activities by August 15 will also be entered into an Early Bird Draw.

The Social Wellness Pin is one of eight, collect them all!



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