January
Wellness Challenge
2023

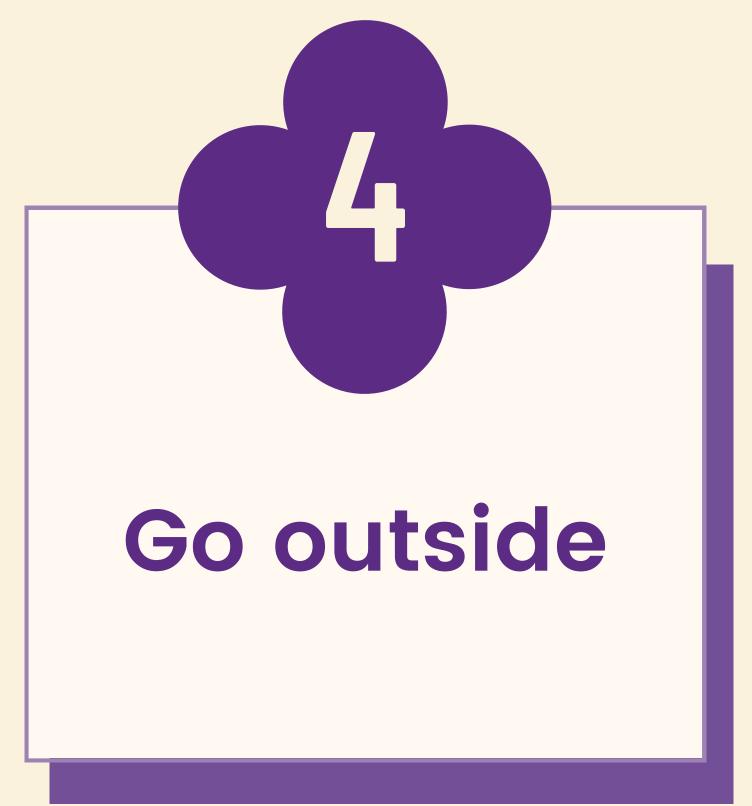






## WEEK ONE WELLNESS CHALLENGE















Start a journal: At the end of each day, take a few minutes to write down the positive events that happened to you and make note of how they made you feel.



Random act of kindness: Open the door for someone, write a friend an uplifting note, donate some of your old clothes to arcs value village. A small act of kindness can make someone's day.



5 minute meditation: Before you dive into the hustle and bustle of your busy day, start off with a few minutes just to yourself.



Go outside: Spend 15 minutes outside looking at nature and life around you.

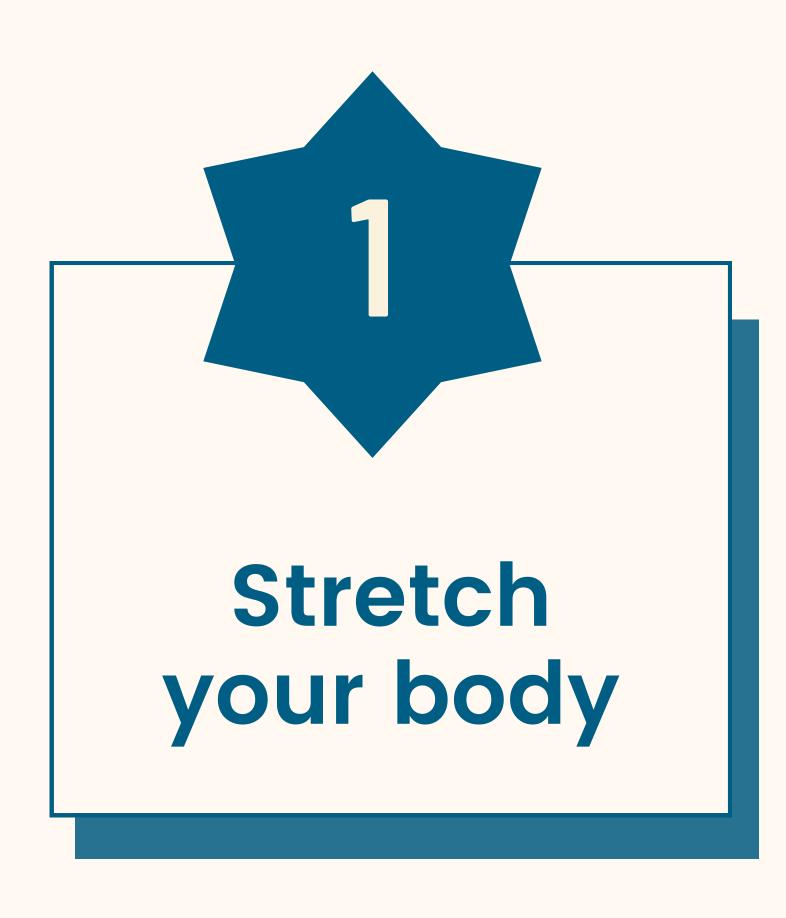


Cook favorite meal: Treat yourself by cooking your favorite breakfast, lunch or dinner.



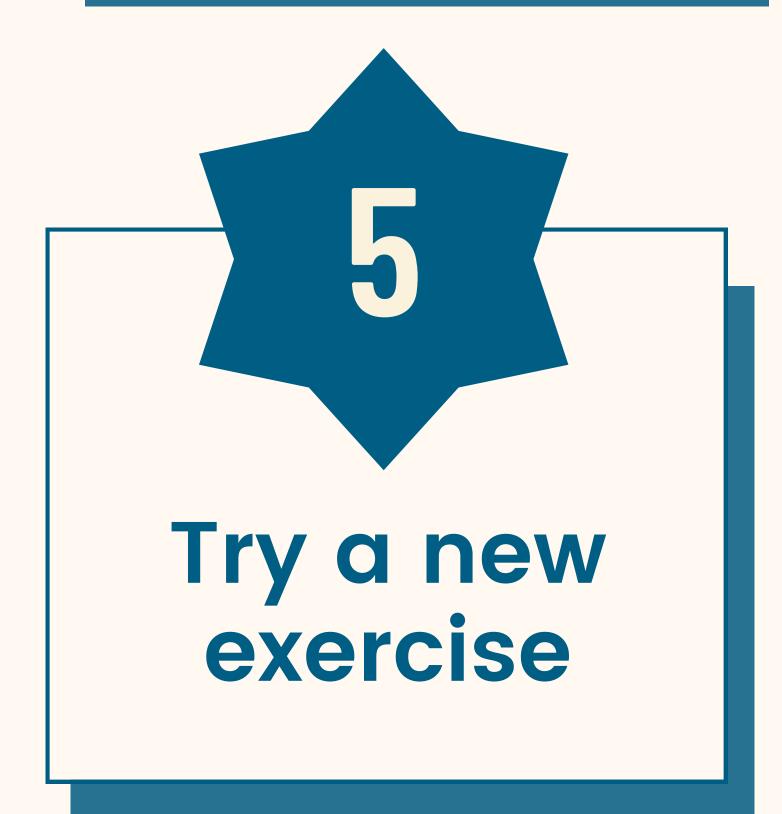
Call someone you love: It's important to stay connected with the people who support and care about you. Give a friend a call, say 'hello' in a text message, or chat with a loved one at home.

## WEEK TWO WELLNESS CHALLENGE















Stretch your body: Take small breaks throughout the day to stretch your body



Listen to your favorite music: Whether it's classical music or heavy metal, jazz or hip hop, music has a powerful effect on the brain. Listening to your favorite band, song, or type of music can change your mindset and boost your mood.



Read or listen to a new book: Relax and lose yourself in a good book.



Do your favorite hobby: Spend time today doing an activity you love.



Move your body: Completing just 30 minutes of exercise a day can improve your mood and overall health. Focus on doing a physical activity that you actually enjoy. Get up, get active, and have fun!



Quiet time: Set aside 10 minutes of time to relax in the morning and before you go to bed.

## WEEK THREE WELLNESS CHALLENGE















Have a laugh: You know what they say, "laughter is the best medicine." So go ahead and watch your favorite funny movie or tell your best knock-knock joke.



Sing a song: Did you know singing helps with breathing and decreases anxiety? So belt out your favorite tune - in the car, shower, wherever!



Give a compliment: Who in your life deserves some words of kindness. Celebrate that person today by telling them how great they are.



Do something creative: Paint a picture. Write a poem. Or even start knitting a sweater for next winter! Being creative can improve your body and mind.



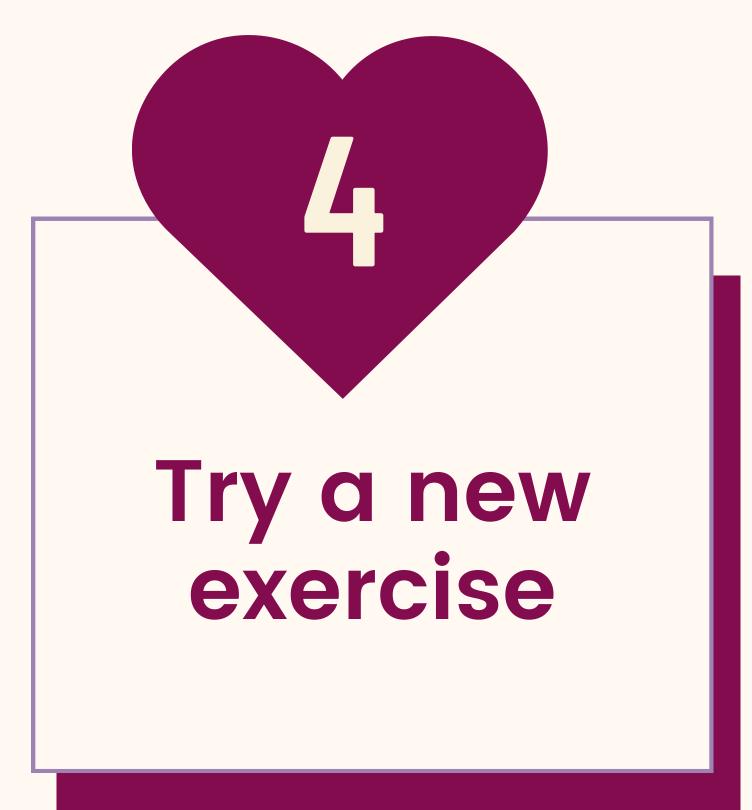
Learn to cook a new recipe: What is your dinner plan this week? Try a new recipe for ideas check out the Arc MN self-advocacy cookbook.



Make a new friend: Make an effort to get to know a co-worker better. When you do, you win a friend.

## WEEK FOUR WELLNESS CHALLENGE















Give a pet extra cuddles: Give a pet some extra cuddles: Spending time with pets can actually lower the feelings of stress and boost your mental health.



Practice self-care: Take some time for yourself today.



Watch your favorite movie: Take sometime to relax and enjoy your favorite movie.



Try a new exercise: Completing just 30 minutes of exercise a day can improve your mood and overall health. Focus on doing a physical activity that you actually enjoy. Get up, get active, and have fun!



Go outside: Spend 15 minutes outside looking at nature and life around you.



Set a goal for next month: Create a new goal you would like to achieve in the month of Feburary.