



Mind-Body Wellness Challenge

Objective: Challenge employees to increase both mental and physical health when striving to live overall healthier lives.

Time Duration: This is a four-week challenge.

What to do: The wellness council representative will email his or her office the sample emails below after determining a time frame in which to have this challenge. Each week an email will be sent out in order to introduce the challenge(s) of the week. At the end of the challenge, the wellness council representative will collect trackers and submit them to WFHT.TN@tn.gov or their Regional Wellness Coordinator.

Getting Started:

1. Schedule time period for the challenge.
2. Send email to department/office/etc. at least two weeks before to let employees know about the upcoming challenge (*see sample email*).
3. Send weekly emails to department/office/etc. to remind employees about the challenge (*see sample emails*).
4. Collect trackers at end of the challenge and email to your Working for a Healthier TN Regional Wellness Coordinator.

Materials Needed:

- Emails (*see sample emails*)
- Tracker (*see below*)
- Personal Checklist (*see below*)
- Waiver
- [Photo release form](#)
- *Optional: prizes*

SAMPLE INTRODUCTORY EMAIL

Hello,

The next Working for a Healthier TN Challenge will be the “**Mind-Body Challenge**”. This challenge will last for four weeks from ***insert dates***. The first two weeks of the challenge will focus on the “mind” aspect of mind-body wellness and the last two weeks will focus on the “body” aspect.

Mind-body wellness is about the connection between our mental thoughts and how we feel physically. Our thoughts have a lot to do with how we feel. A stressed mind can lead to an unhealthy body; therefore, a relaxed/positive mindset can aid in having a healthier body. Some stress is normal but chronic stress can lead to high blood pressure, headaches, digestive issues and more. Click [here](#) for an article from the University of Michigan about the mind-body connection.

To participate in this challenge you will utilize the attached tracker. Simply put check marks beside the activities you participate in and turn in to me at the end of the challenge via email or in person. Each week you will receive emails with more detailed instructions about the challenges.

Weeks 1 & 2: The Mind

Stress Scanner

Gratitude

Positive Affirmations

Weeks 3 & 4: The Body

Walking

Yoga

Tai-Chi

Activity of choice

Let me know if you have any questions!

WEEK 1 SAMPLE EMAIL

Subject: Mind-Body Wellness: Week 1 of 4

Hello,

It is time to start our “**Mind-Body Wellness**” Challenge. This first challenge this week will be to take this [Stress Screener](#) quiz (please do not share results). You should see this when you are done with the quiz:

Thanks for taking our Stress and Health Self Test.

A printable ‘Stress Test’ can be found [here](#).

The second challenge is to practice gratitude. For the next two weeks (****insert dates here****), on three set days of the week, (ex: Mondays, Wednesdays and Fridays), write down three things you are grateful for and make them different every day. (This challenge is in a [SMART goal](#) format).

Taking care of your mental health is an important aspect of health just as much as making healthier food choices and getting physical activity. [Here4TN](#) is a resource available to State of Tennessee employees. The Here4TN number is 855-437-3486 and is available 24/7. Here4TN offers numerous services including substance use resources, depression/anxiety resources, legal resources, stress resources and more.

Attached is a tracker you will return to me at the end of the challenge and a personal checklist for your use throughout the challenge. You will only need to turn in the page titled “Mind-Body Wellness Challenge Checklist”.

(Only include this if you choose to give prizes) **Optional-The first ___ people to take this quiz will receive a prize! To show that you took the quiz, send me a screenshot once you’ve completed the quiz. Please do not send me results of your test. **

WEEK 2 SAMPLE EMAIL

Subject: Mind-Body Wellness: Week 2 of 4

Hello,

We are in week 2 of the "**Mind-Body Wellness**" Challenge. By now you have checked your stress levels with the [Stress Screener](#) and are writing down different things you are grateful for.

This week the challenge is to adopt a positive affirmation (or affirmations) and say it (them) out loud at least once a day. You can choose one (or more!) from below or utilize your own. It is good to say these affirmations out loud with a positive tone of voice.

Health

- Every cell of my body is made of good health!
- My body is strong, my mind is brilliant and my soul is fulfilled!

Work/Finance

- I have a wonderful work in a wonderful way, I give wonderful service for a wonderful pay! –*Florence Scovel Shinn "The Game of Life and How to Play It"*

Future

- Only good lies before me!
- Amazing things are happening to me every day!

Relationships/Friendships

- I am surrounded by love, I am lovable and have lots of love to give!
- I am grateful for all of the positive relationships in my life!

There are numerous books about the power of positive thinking. There are even studies that show optimists tend to fare better health wise than their less than optimistic neighbors.

WEEK 3 SAMPLE EMAIL

Subject: Mind-Body Wellness: Week 3 of 4

Hello,

We are in week 3 of the “**Mind-Body Wellness**” Challenge. The first two weeks focused on mental health. Remember, mental health is an important aspect of overall health. Positive thoughts and practicing gratitude are good habits to continue. Our mental health and physical health interact with one another. Many assume that if we are physically healthy (“If I could just lose that last 10 pounds...”) then we will be happy. No matter what changes our bodies go through, we are still the same person inside. While it is true that physical activity releases endorphins that aid us in feeling happier, it is important to take care of our mental health, too.

These last two weeks the challenge is focused on physical health. Each week you will choose one physical activity from the list and make a [SMART goal](#). SMART goals help us to stay more accountable and have more success with our goals. The goals should be **s**pecific, **m**easurable, **a**ttainable, **r**ealistic and **t**ime-bound.

Non-SMART example:

I will exercise more.

SMART example:

I will do a yoga video on Tuesday and Thursday as soon as I get home from work this week.

Recommended Activities

At least one 10-minute walk on three different chosen days

Yoga video (or class) two times on chosen days ([Yoga for Beginners](#))

Tai-chi video (or class) two times on chosen days ([Tai-Chi for Beginners](#))

At least 10 minutes of a [cardio \(endurance\) activity](#) of choice on three different chosen days

WEEK 4 SAMPLE EMAIL

Subject: Mind-Body Wellness: Week 4 of 4

Hello,

We are in the final week of the “**Mind-Body Wellness**” Challenge. Were you successful in week 3? Was the physical challenge too much or too little of a challenge? Assessing yourself and your goals is important. Keeping a goal time-bound allows us to check in with ourselves to see if we need to change up the goal. Remember that it is okay to not succeed; just reassess the goal and tailor as needed! Starting small and building up allows us to be successful and continue on with creating healthy habits.

Another example of a [SMART goal](#):

I will ride my bike for at least 10 minutes on Monday, Wednesday and Thursday as soon as I get home from work this week.

Recommended Activities

At least one 10-minute walk on three different chosen days

Yoga video (or class) two times on chosen days ([Yoga for Beginners](#))

Tai-chi video (or class) two times on chosen days ([Tai-Chi for Beginners](#))

At least ten minutes of a [cardio \(endurance\) activity](#) of choice on three different chosen days



Mind-Body Wellness Challenge Checklist

| Activity | ✓ |
|---|---|
| Took Stress Screener test | |
| Wrote down three different things I am grateful for on three set days of the week for the first two weeks | |
| Spoke a positive affirmation out loud on a daily basis for one week | |
| Took at least one 10-minute walk on three set days for one week | |
| Did a yoga video two times on set days for one week | |
| Did a tai-chi video two times on set days for one week | |
| Did at least 10 minutes of a cardio activity of my choice on three set days for one week | |

Return to wellness council representative at end of challenge.



Personal Checklist ✓

| Day | What I am grateful for: | | |
|-----|-------------------------|----|----|
| | 1. | 2. | 3. |
| | 1. | 2. | 3. |
| | 1. | 2. | 3. |
| | 1. | 2. | 3. |
| | 1. | 2. | 3. |
| | 1. | 2. | 3. |

Examples of positive affirmations (try to say these out loud and with a positive tone of voice):

Health

- Every cell of my body is made of good health!
- My body is strong, my mind is brilliant and my soul is fulfilled!

Work/Finance

- I have a wonderful work in a wonderful way, I give wonderful service for a wonderful pay! *-Florence Scovel Shinn "The Game of Life and How to Play It"*

Future

- Only good lies before me!
- Amazing things are happening to me every day!

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- I am surrounded by love; I am lovable and have lots of love to give!
- I am grateful for all of the positive relationships in my life!

| Positive Affirmation Checklist | | | | | | |
|--------------------------------|---------|-----------|----------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | | | | |



WORKING FOR A HEALTHIER TN



Remember to choose one activity each week and make a SMART goal for each!

| Activity | Place a ✓ when complete |
|------------------------------|--|
| 10-minute walk | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 10-minute cardio activity | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Yoga video (and/or class) | <input type="checkbox"/> <input type="checkbox"/> |
| Tai-chi video (and/or class) | <input type="checkbox"/> <input type="checkbox"/> |

SMART Goal examples:

- *I will walk for ten minutes before work on Tuesday, Wednesday and Thursday this week.*
- *I will take a tai-chi class on Wednesday evening and Saturday morning this week.*

Non-SMART Goal examples:

- *I will get better at yoga.*
- *I will exercise this week.*

My week 3 SMART Goal:

My week 4 SMART Goal:

**Remember you do not need to turn in the personal checklist.*