Alternative WELLNESS Solutions Week

**Focus Area:** Well-Being

**Objective:** Celebrate wellness ANYWHERE by encouraging daily activities around healthy eating, physical activity, tobacco cessation and/or well-being.

**Length of Challenge:** This is a one-week event.

**Materials Needed:**
- Emails (see sample emails)
- Activity Trackers
- Post-Event Survey

**Directions:** Create daily themes (or use sample themes provided), send emails and provide trackers for employees.
Getting Started:

1. Review sample daily themes provided below; edit as desired.

2. Schedule a week to celebrate “Alternative WELLNESS Solutions Week.”

3. Send email to department/office/etc. the week before to let employees know about the upcoming “Alternative WELLNESS Solutions Week.”

4. Send daily email to department/office/etc. to introduce the daily theme.

5. Collect trackers at end of the week and email them to your Wellness Council representative.

Sample Alternative WELLNESS Solutions Week Themes:

- Make a Goal Monday
- Take a Walk Tuesday
- Waste Not Wednesday
- Think Positive Thursday
- Feel Good Friday

Sample Emails:

SAMPLE INTRODUCTORY EMAIL

Body:

Hello,

Next week, <insert dates> we will celebrate an “Alternative WELLNESS Solutions Week!” Below are the daily themes. No matter where you are it is important to stay connected and stay healthy. Let’s join together and celebrate wellness!

Make a Goal Monday: The challenge is to make a S.M.A.R.T. Goal for the week.

Take a Walk Tuesday: Take at least one 10-minute walk today.

Waste Not Wednesday: Be creative with leftovers and/or pantry items.

Think Positive Thursday: Positive thoughts and gratitude are encouraged on this day.

Feel Good Friday: This day is all about doing what makes YOU feel good (examples: dancing, playing a game, etc.)

These daily themes are meant to be reminders about the importance of good heath practices. Healthy living is about overall wellness and enjoying all aspects of life and feeling good while doing it!

Please email <insert email> your Alternative WELLNESS Solutions Week Tracker by <insert date>. Let me know if you have any questions!
SAMPLE MAKE A GOAL MONDAY EMAIL

Subject: Make a Goal Monday!

Body:

It is the beginning of Alternative WELLNESS Solutions Week! Today’s theme is “Make a Goal Monday!” Remember how to make a S.M.A.R.T. goal? Make a S.M.A.R.T. Goal for this week about anything health-related (nutrition, mental well-being, physical activity, tobacco cessation, etc.).

- **S: Specific** - Give the who, what, when, where and how of your goal (example: Improve my mental well-being by meditating)
- **M: Measurable** – How will you measure your progress? Establish set criteria for determining your progress. (example: Meditate for 10 minutes, in the morning, on Monday, Tuesday and Friday)
- **A: Attainable** – Can you achieve your goal? You want to be successful so ensure that your goal is achievable. You can change goals as necessary. (example: Meditate for five minutes, in the morning, on Monday, Tuesday and Friday)
- **R: Realistic** – Make sure your goal is something that you’re willing and able to work toward. (example: Meditate for five minutes, in the morning, in my bedroom on Monday, Tuesday and Friday)
- **T: Time-based** – Set a deadline for when you want to achieve your goal. (example: Meditate for five minutes, in the morning, in my bedroom on Monday, Tuesday and Friday for one week.)

When you meet your goal’s deadline, take time to evaluate and adjust as needed. Only YOU are in charge of your health. Small steps add up over time!
SAMPLE TAKE A WALK TUESDAY EMAIL

Subject: Take a Walk Tuesday!

Body:

The theme for today is “Take a Walk Tuesday!” The challenge today is to go on at least one 10-minute walk.

Did you know that there are numerous benefits to walking? Click here for an article about some of those benefits.

Have you heard the phrase, “sitting is the new smoking?” Research shows that sitting all day can have detrimental effects on health. So, to combat this, get up every hour and walk around for at least three minutes to help you achieve today’s challenge. It is important to move around even if you are standing all day. If the weather isn’t ideal for a walk – no problem! Walk in place or walk around wherever you are.

SAMPLE WASTE NOT WEDNESDAY EMAIL

Subject: Waste Not Wednesday!

Body:

It is the middle of Alternative WELLNESS Solutions Week! Today’s theme is “Waste Not Wednesday!” Today the challenge is to repurpose leftovers and/or be creative with food in your pantry and/or fridge/freezer. Food waste is an issue around the world. Would you believe that the USDA found that billions of pounds of food are wasted per year?! The USDA has great information on food waste and how to improve. In addition, the Environmental Protection Agency has some tips for reducing food waste. Check out these healthy recipes that use shelf-stable items for some inspiration! Already had a meal planned for today? That’s fine! Simply plan to utilize your leftovers and that can count for participating in “Waste Not Wednesday!”
SAMPLE THINK POSITIVE THURSDAY EMAIL

Subject: Think Positive Thursday!

Body:

Today is “Think Positive Thursday!” I hope at some point in your life you have been able to experience the power of positive thinking.

Have you ever noticed that the negative thoughts you dwell on tend to keep happening? Instead of thinking, “I wish I wasn’t ____”; change your thought to, “I am so thankful to be healthy!” or “I am grateful that I have so much love in my life!” Thinking positively, and also being grateful, are both incredibly powerful tools. Mental health is very important and State of Tennessee employees have a wealth of resources with our Here4TN Employee Assistance Program.

Today, take the time to think a positive thought. You could share this thought with a coworker, friend, loved one, etc. You could make a list of things you are grateful for or a list of things you love about yourself. Be sure to place a check on your Alternative WELLNESS Solutions Week Tracker when you’ve completed this activity!
SAMPLE FEEL GOOD FRIDAY EMAIL

Subject: Feel Good Friday!

Body:

It is the end of “Alternative WELLNESS Solutions Week!” Thank you all for your participation. Small healthier choices, over time, really do add up!

Today the theme is “Feel Good Friday!” For today, do something that makes YOU feel good. Perhaps singing along to a favorite song makes you feel good or playing a board game or doing a crossword puzzle are activities that make you smile. WHATEVER it is, take the time to enjoy the day and do it in a way that is unique to you. If you desire, please share your “Feel Good Friday” activity so that others can see how you are feeling good on this Friday!

Please email <insert email> your Alternative WELLNESS Solutions Week Tracker by <insert date>. Let me know if you have any questions and thank you for participating!
Alternative WELLNESS Solutions Week Tracker

<table>
<thead>
<tr>
<th>Day</th>
<th>To-Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a Goal Monday</td>
<td>My S.M.A.R.T. Goal this week is to:</td>
</tr>
<tr>
<td>Take a Walk Tuesday</td>
<td>Go on at least one 10-minute walk!</td>
</tr>
<tr>
<td>Waste Not Wednesday</td>
<td>I reduced food waste by:</td>
</tr>
<tr>
<td>Think Positive Thursday</td>
<td>My positive thought today was:</td>
</tr>
<tr>
<td>Feel Good Friday</td>
<td>This made me feel good this Friday:</td>
</tr>
</tbody>
</table>

Return to your Wellness Council representative at end of challenge.

NAME: ___________________________           DEPT: ___________________________