

**January
Wellness Challenge
2023**



WEEK ONE

WELLNESS CHALLENGE

1

Start a
journal

2

Random act
of kindness

3

5 minute
meditation

4

Go outside

5

Cook favorite
meal

6

Call someone
you love



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

1

Stretch
your body

2

Listen to
favorite
music

3

Read or
listen to
new book

4

Do your
favorite
hobby

5

Try a new
exercise

6

Quiet time



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

1

Have a
laugh

2

Sing a song

3

Give a
compliment

4

Do
something
creative

5

Learn to cook
a new recipe

6

Make a new
friend



1

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.



2

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



3

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



4

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.



5

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.



6

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

1

Give a pet
extra
cuddles

2

Practice
self-care

3

Watch your
favorite
movie

4

Try a new
exercise

5

Go outside

6

Set a goal for
next month



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 February.