

THURSDAY, APRIL 4 | MOVEMENT MOTIVATION

“DIY Daily Wellness Toolkit” to Grow Your Wellness



Supporting individual and local participation. Participation information available via the intranet and ManageWell®.

- ✓ POSITIVE AFFIRMATION
- ✓ MANAGEWELL MINI CHALLENGE
- ✓ BREATHING EXERCISE
- ✓ RECIPE
- ✓ MOVEMENT
- ✓ COLORING PAGE

**I AM STRONG
I AM CAPABLE
I AM RESILIENT**



DIY Positive Affirmation: → I am Strong

Whenever you need some strength or confidence, listen to these affirmations. Affirmations help to change your negative thinking pattern into a more positive one. Therefore, when repeating this affirmation many times, you will gain more empowered thoughts and change your life.

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I
AM
STRONG

Key Employee Wellness Week Links

[2024 Virtual Employee Wellness Week \(hitchcock.org\)](https://hitchcock.org)

[2024 Employee Wellness Week Program Booklet](#)

[Welcome Packet for Wellness Leaders](#)

[Local Engagement Challenge Sharing Form](#)

DIY Breathing Exercise: Mountain Breathing

This breath can be done sitting or standing. Picture yourself going up and down a mountain with each breath

- Inhale through your nose and raise your arms high above your head.
- Bring your palms together above the top of your head.
- Imagine you are as tall as a mountain.
- Ground your feet into the floor. Imagine your feet like roots; you are strong, sturdy, and tall.
- Exhale through your mouth and bring your palms together in front of your chest.
- Repeat this sequence 5 times.

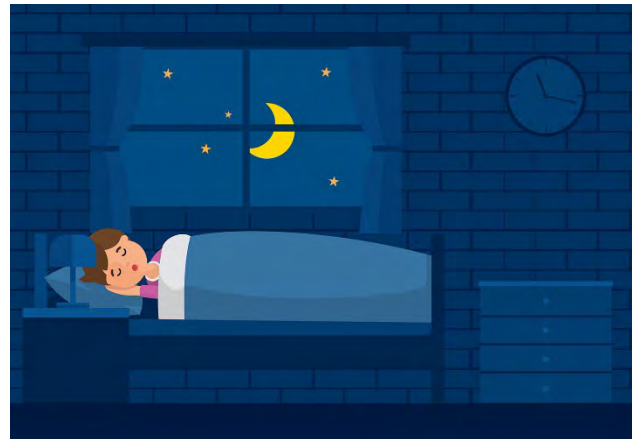


[10 Breathing Exercises for Kids With Anxiety or Anger • Mindfulmazing.com](https://www.mindfulmazing.com/10-breathing-exercises-for-kids-with-anxiety-or-anger/)

DIY ManageWell Mini Challenge: Tech-Free Bedtime

Your Challenge: Tech-Free Bedtime

Leave your phone in another room overnight and reserve your bedroom for rest. Using a cell phone at bedtime may increase stress and alertness - making it harder to fall asleep and stay asleep. And there's evidence that the blue light emitted from your phone may reduce your body's production of melatonin, a hormone that regulates the sleep-wake cycle. It can be tough to ignore your phone if it's nearby. So keep it out of reach overnight. If you're used to browsing the web before bed, go old-school and read a book or listen to soothing music. You can still unwind - just try it tech-free.



Will you leave your cell phone outside of the bedroom on at least four occasions per week?

Log into [ManageWell](https://www.managewell.com/) to register and start the mini challenge.

Employee Wellness
Lifestyle Improvement Program

