

REST & DE-STRESS 2019



What is Rest and De-Stress?

Rest and De-Stress is a two-week program designed to support you in your efforts to increase your sleep quality and manage your levels of unwanted stress with a special focus on the power of utilizing the mind-body connection. Week one will focus on the power of the mind and physical activity to improve poor sleep. Week two will deal with personal stress levels and the power of personal choice to remain present and grateful throughout life's challenging moments. Each week participants will choose one activity related to physical activity, and one related to mindfulness, to complete each day for at least five of the seven days of each week.

Week 1- SLEEP: January 21st – January 26th

Week 2- STRESS: January 27th - Feb. 2nd

Why sleep and stress?

Inadequate sleep and unhealthy levels of stress create a cycle that is difficult to break. The same chemicals in the brain associated with deep sleep tell our bodies to halt the production of stress hormones.

Physical activity and mindfulness are powerful allies when it comes to combatting poor sleep and unhealthy stress. Also, they are easy lifestyle behaviors that most everyone can enjoy.

Poor sleep and unhealthy levels of stress contribute to your risk for a variety of health problems, particularly depression, heart disease, and diabetes in addition to affecting the quality of your disposition and efficiency in the present moment.

When does the program run?

Rest and De-stress starts January 21st and ends February 2nd.

Who can participate?

Anyone is welcome to participate in Rest and Destress. Healthy Lifestyles participants are eligible to receive Healthy Lifestyles points for completing the challenge. If you are not enrolled in Healthy Lifestyles, you are still invited to participate and are even eligible to win prizes.

How do I earn points?

Participants will receive 25 Healthy Lifestyles points for completing the challenge. This means finding a new opportunity for physical activity, for at least five of the seven days during week one and two, and completing a mindfulness exercise for at least five of the seven days during week one and two. You may pick favorite activities and complete them for each of the days, or mix and match activities throughout the week depending on your ability and desire. It is important that participants fill out the survey at the onset of the program and the completion survey at the end of the program to let us know that they met the challenge requirements. This is how Healthy Lifestyles verifies participation. The Healthy Lifestyles team will then reward your points to your WellSteps account.

How do I keep track of what I'm doing?

A tracker will be sent to you by email on the Monday of each week during the challenge. You will use the tracker to log the activities you accomplished that week and track how many days that week you completed the activities. The tracker is for your personal use, so you do NOT need to share it.

For more information you can reach us at: myhealthylifestyles@slco.org