



## What is Rest and Destress?

Rest and De-Stress is a 2-week program designed to help you increase your sleep quality and manage and reduce stress. Week one will focus on Sleep issues and week two will be related to Stress concerns. Each week participants will choose three activities to solve common problems related to the topic of that week.

**Week 1- SLEEP:** January 22<sup>nd</sup> - 28<sup>th</sup>

**Week 2- STRESS:** January 29<sup>th</sup> - Feb. 5<sup>th</sup>

## Why sleep and stress?

When we are feeling stressed we often find it difficult to sleep, which in turn reduces our ability to effectively manage stress. Stress management and sleep hygiene are the foundation for other healthy behaviors like healthy eating and being physically active. For this reason, it is important that we address sleep and stress in our daily lives.

## When does the program run?

Rest and Destress starts January 22<sup>nd</sup> and ends February 5<sup>th</sup>.

## Who can participate?

Anyone is welcome to participate in Rest and Destress. Healthy Lifestyles participants (SLCo employees and spouses/adult designees) are eligible to receive Healthy Lifestyles points for completing the challenge. If you are not in Healthy Lifestyles, you are still welcome to participate and are still eligible for prizes.

## How do I earn points?

Participants will receive 25 Healthy Lifestyles points for choosing 2 activities (i.e. creating a bedtime routine or completing a mindfulness activity) to try out each week. The activities must be done on at least 5 out of the 7 days for each week's topic. Participants must also fill out the completion survey at the end of the challenge telling us they met the challenge requirements. The Healthy Lifestyles team will add your points to Wellsteps.

## 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 choose the activities you want to try that week from a drop-down menu and monitor how many days that week you completed the activities. The tracker is for your personal use, so you do NOT need to turn it in.

## How do I get more information on this program?

Please email us at [myhealthylifestyles@slco.org](mailto:myhealthylifestyles@slco.org) for more information.