



### What is Healthy Lifestyles Res & De-Stress?

Rest and De-Stress is a 2 week program designed to help you reduce stress and sleep better and more effectively. This year, the program is focused on the 5 senses: see, smell, hear, taste, and touch. All participants will receive an email on Friday January 20<sup>th</sup> with general program information. The program officially begins on Monday January 23<sup>rd</sup>. Here is the breakdown of the 2 weeks:

- **Week 1- SLEEP:** January 23<sup>rd</sup> - 27<sup>th</sup>. This week will talk about how each of the senses can help us get better **sleep**. We will focus on one of the 5 senses each day, (Monday through Friday).
- **Week 2- STRESS:** January 30<sup>th</sup> - Feb. 3<sup>rd</sup>. As in the first week, the second week will also have one sense each day (Monday through Friday) to learn about, but this week will be focused on **stress** instead of sleep.

*Here is what sense we will focus on each day:*

Monday	Tuesday	Wednesday	Thursday	Friday
Hear	Smell	Sight	Taste	Touch

### How do I stay organized?

You will receive a total of 4 emails for this program.

- **Email #1:** Friday January 20<sup>th</sup>. This email will explain the program and explain how senses are related to sleep and stress.
- **Email #2:** Monday January 23<sup>rd</sup>. This email will have all the information you need for Week 1- Sleep. Use this email to access the daily checklist for Week 1 Sleep topics.
- **Email #3:** Monday January 30<sup>th</sup>. This email will have all the information you need for Week 2- Stress. Use this email to access the daily checklist for Week 2 Stress topics.
- **Email #4:** Monday February 6<sup>th</sup>. This email will contain a link to the completion survey which you will take you get points for this program.

*For your convenience, we have also created a master checklist where you can organize all of your tasks instead of clicking on each day separately. This checklist is included in emails 1-3.*

### How do I get points?

Participants will get 25 Healthy Lifestyles points for completing this 2 week program. Full completion of this program includes:

1. Completing at least one of the tasks from the checklist each day. You can find the daily checklists in the emails sent out on Monday 23<sup>rd</sup> for sleep and Monday 30<sup>th</sup> for stress.
2. At the end of the program, you will fill out a completion survey and we will add your points to Wellsteps!

### **What do senses have to do with sleep and stress?**

Each day (see table above) will focus on one of the 5 senses and how it relates to sleep and stress. Each day will have information that explains how the sense can be used to help with sleep in week 1 and stress in week 2. There will be a checklist with ways to apply the ideas learned each day. In addition to the checklist, there will also be various links with valuable information you can read more about if you are interested in a topic we didn't cover. Each day will have extra information from different websites on Page 2 of each day's PDF document. You won't be required to read anything extra, but if you have a unique situation you want to understand better, that we hope you will find useful.

### **Who can participate?**

Any county employee and their spouse enrolled in the Healthy Lifestyles program can participate in the Globe Trotters program to receive points. If you are not in Healthy Lifestyles, you are still welcome to participate in the challenge for fun, just not for points with Healthy Lifestyles.

### **How do I get more information about this program?**

To get more information on the Healthy Lifestyles Rest & De-Stress program or if you have any questions, please email us at [restanddestress@gmail.com](mailto:restanddestress@gmail.com)

### **What if I didn't complete the program, but I did improve how much physical activity I'm getting?**

If you don't complete the program for points, you will still see the benefits of paying more attention to your senses to improve sleep and reduce stress. Unfortunately points will only be given to those who complete this program. Completion criteria is stated above.

### **Anything else I should know about this program?**

Yes! Mark your calendars! We are very excited about the 5 events we will have during this 2 week program. We strongly encourage participation in at least one event. To find out more about the events, see the emails mentioned above and look for the event flyers. Here are the dates to watch out for:

- Tuesday January 24<sup>th</sup>: Scents & Sleep
- Thursday January 26<sup>th</sup>: Food & Sleep
- Monday January 30<sup>th</sup>: Drum Bus
- Wednesday February 1<sup>st</sup>: Movie Showing
- Friday February 3<sup>rd</sup>: Animal Services