

Self-Care Challenge

Xavier University Wellbeing is challenging employees to incorporate self-care aspects into their everyday life. Self-care is more important than ever and if we take care of ourselves, the happier and healthier we will be during stressful times.

This challenge will concentrate on physical activity, proper sleep, and incorporating relaxation and meditation into your daily life. You will use the calendar provided to track your activities and earn points for each day. If you earn a minimum of **50 points** on this challenge, you will be entered into a drawing to win a Xavier quarter zip jacket.



Challenge Dates:

Sunday, September 5th to Saturday October 2nd

- **Physical Activity:** Exercise for 30 minutes or more and earn **1 point** by checking the physical activity box on the tracker provided.
 - Live or previously recorded Virtual Fitness Classes held by TriHealth Corporate Health available here:
https://www.youtube.com/channel/UChp4b63AlzKoTNCyfecz1Xg/playlists?view_as=subscriber
- **Meditation or Relaxation:** Practice any of the forms of meditation or relaxation techniques provided and earn **1 point** by checking the box on the tracker.
- **Sleep:** For every day you sleep 7-8 hours check the sleep box on the tracker and earn **1 point**.

Additional app resources for physical activity, relaxation, and sleep are listed at the end of the packet.

Reporting to TriHealth:

Record your progress on the daily challenge tracker below, and fax/email your completed calendar to Xavierwellbeing@trihealth.com.

Questions? Contact your TriHealth Workplace Wellbeing & Fitness Team:

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Daily Challenge Tracker



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	6 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	7 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	8 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	9 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	10 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	11 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep
12 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	13 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	14 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	15 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	16 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	17 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	18 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep
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26 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	27 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	28 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	29 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	30 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	1 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep	2 <input type="checkbox"/> Exercise <input type="checkbox"/> Meditation Relaxation <input type="checkbox"/> Sleep

Name: _____ Total Points: _____

Monthly Relaxation Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Body Scan: Close your eyes, focus on releasing all tension from your head to your feet.	6 Get outside. Even if it's just for 5 minutes.	7 Perform 4-7-8 breathing for 2 min. Inhale for 4 counts hold for 7, exhale for 8.	8 Take 3 deep breaths in the morning and set your intention for the day.	9 Take 1 minute and focus on something you are grateful for today.	10 Go for a walk and place all of your attention on each step you take.	11 Perform 5 minutes of light stretching or yoga.
12 Soak in a warm bath.	13 Listen to soothing music on the car ride home or after work.	14 Write down things you are grateful for in a journal.	15 Take any frustration out on a stress ball.	16 Take a walk with a friend or family member.	17 Sit in a quiet space, close your eyes, and visualize yourself in a calm space.	18 Get a massage or use massage tools to ease muscle tension from the week.
19 Focus on your breathing for 3 minutes.	20 Get your blood and endorphins flowing by exercising today.	21 Perform muscle relaxation—tense and then relax each muscle from head to toe.	22 Listen to your favorite music and sing along.	23 Take 10 minutes away from your phone/computer and unplug.	24 Close your eyes and sit in the sunshine for a bit.	25 Connect to nature: go for a hike, walk, or swim outdoors.
26 Grab a cup of green tea and zone out	27 Practice meditation for 5 minutes.	28 Organize or declutter a space that you feel needs refreshed.	29 Do a crossword puzzle or other brain game.	30 Call a friend or family member to catch up.	1 Daydream or think of something that makes you feel happy.	2 Go out for ice cream with your family or friends.
Extra Cuddle with a furry friend.	Extra Step away from your desk and re-charge with a healthy lunch.	Extra Read a book outside with no distractions.				

TriHealth Guided Meditation

Guided Mindfulness Meditation

[Play recording](#) (6 mins)

Recording password: (This recording does not require a password.)

Guided Body Scan Meditation

[Play recording](#) (11 mins)

Recording password: (This recording does not require a password.)

Guided Meditation Relax Under Pressure

[Play recording](#) (10 mins)

Recording password: (This recording does not require a password.)



Healthier YOU Applications



TEN
PERCENT
HAPPIER

Ten Percent Happier is a Mindful Meditation App that allows you to listen to courses, podcasts, or books through the app to aid in sleep, stress, anxiety and meditation. Downloading the app gives you the freedom to listen to these options anywhere you are.



Calm is an application both available on a computer and mobile app. Calm focuses on making the world happier and healthier with over 50 million downloads. Choices from Meditation, Sleep, Music, body, masterclass, and scenes you are sure to find the right fit for your body.



Sleep Cycle is an application to perform sleep tracking and record your sleep habits. Using the Sleep Cycle Theory, the alarm wakes you up during a light sleep, to achieve this you are able to set a window of time to wake up allowing you to feel refreshed when you wake.



Aaptiv provides access to hundreds of classes at varying styles, lengths and levels of difficulty ranging from outdoor running, treadmill workouts, yoga, cycling and strength training. Aaptiv does have a free with optional in-app purchases available.



Pear personal Fitness Coach is all about hands-free, eyes-free audio coaching. Pear provides user a rich array of guided workouts for a variety of fitness levels and intensities that adapt to your performance.



Strava is a great app for runners, cyclists and swimmers. In the app, it allows you to complete against yourself or someone who has completed the same segments as you. App uses GPS from your phone to track where you go and how fast. This does have both a free and paid version.



headspace

Headspace is a mobile app that includes guided meditation, animations, articles and videos with the mission of improving health and happiness around the world.



Nike Training Club has workouts on demand recommended based on the information you provide when you enroll. Enjoy 30, 45 or 60 minute workouts. Workouts include short videos to demonstrate exercise. There is a free and paid version.



White noise lite is a free app that allows you to fall into a blissful sleep while listening to the sounds of the ocean waves and soothing sounds.

SWÖRKIT

SworKit provides a convenient and consistent, convenient workout from your phone. SworKit is great for the absolute beginner, intermediate or advanced. No need to have any equipment or much time. SworKit provides a simple workout where you chose how much time you have from 1 minute to 90 minutes with a variety of strength, stretching, cardio and yoga.

