

Wellness Wednesday Challenge!

We challenge you to introduce healthy living habits and initiatives that you can incorporate into your lives. Each week during the Wellness Wednesday Challenge, introduce a new wellness practice — a small action you can take each day to improve your life. Try it out for a week. Keep the practices you like and leave the ones you don't!

<p>Wellness Wednesday Tip 1: Does a good night's sleep seem impossible? Maintain a healthy sleep routine to stay alert at work. Sleep enables the body to repair and be fit and ready for another day.</p> <ul style="list-style-type: none"> • Avoid caffeine in the afternoon • Wind down with a calming activity • Stick to a sleep schedule 	<p>Wellness Wednesday Tip 2: Cabin Fever? Get outside! Sunshine is free mood enhancer that can lift your mood, strengthen bones and improve sleep.</p> <ul style="list-style-type: none"> • Go for a walk during breaks • Participate in an outdoor activity • Have a picnic lunch
<p>Wellness Wednesday Tip 3: Start your day with a smile! Smiling releases endorphins. These natural chemicals elevate your mood, but they also relax your body and reduce physical pain.</p> <ul style="list-style-type: none"> • Count your blessings • Do something nice for others • Keep happy reminders 	<p>Wellness Wednesday Tip 4: Be sure to schedule time for yourself! Taking time for yourself can help you recharge and relax. It also allows you to think more clearly and make better decisions.</p> <ul style="list-style-type: none"> • Use your vacation days • Unplug on the weekend • Spend quality time with loved ones
<p>Wellness Wednesday Tip 5: Turn up the music! Enjoying music – whether you're playing or listening – can elevate your mood & motivation & aid relaxation.</p> <ul style="list-style-type: none"> • Create an upbeat playlist • Learn to play an instrument • Cut a rug and dance! 	<p>Wellness Wednesday Tip 6: Give yourself a time out! Practice Meditation to reduce stress and controls anxiety.</p> <ul style="list-style-type: none"> • Commit to 5-30 minutes a day for meditation. • Add breathing exercises to your day. • Practice yoga or take a nature walk.
<p>Wellness Wednesday Tip 7: Eat well to keep healthy and energized! The right nutrition can boost your energy, mood and overall wellness.</p> <ul style="list-style-type: none"> • Start with a nutritious breakfast • Choose health snacks such a fruit • Drinks lots of water 	<p>Wellness Wednesday Tip 8: Plan for a productive week! Stay Organized to increase productivity and decrease anxiety.</p> <ul style="list-style-type: none"> • Make a daily priority list • Declutter your workspace • Keep track on things in a calendar
<p>Wellness Wednesday Tip 9: Move your mood! Exercise for your body & brain! Exercise and stay physically active to relieve stress and improve your mood.</p> <ul style="list-style-type: none"> • Skip the elevator and take the stairs • Take a walk during lunch • Get active with friends 	<p>Wellness Wednesday Tip 10: Give a Daily Dose of Gratitude! Give a Daily Dose of Gratitude to generate positive emotions to your family, colleagues, and friends.</p> <ul style="list-style-type: none"> • Keep a gratitude Journal • Give praise for a job well done • Send thank you notes

<p>Wellness Wednesday Tip 11: Start Chopping!</p> <p>Learn a new recipe. Use cooking as a meditation with the promise of a meal at the end.</p> <ul style="list-style-type: none"> • Create a cookbook with your friends and colleagues and include everyone’s favorite healthy recipe. • A family affair – include everyone in the cooking and create family bonding time and spur communication! • Meal prep for the week 	<p>Wellness Wednesday Tip 12: Laughter is the best medicine!</p> <p>Entertainment is more than an escape. Studies have shown that laughter reduces the release of stress hormones in your body. Humor helps you keep a positive, optimistic outlook through difficult situations.</p> <ul style="list-style-type: none"> • Catch a silly movie • Read the latest book from your favorite comedian. • Share a good joke or a funny story
<p>Wellness Wednesday Tip 13: Tap your social Network!</p> <p>Engaging in social activities in the workplace can increase happiness and productivity.</p> <ul style="list-style-type: none"> • Enjoy a virtual lunch or happy hour with co-workers • Celebrate special occasions • Connect across departments 	<p>Wellness Wednesday Tip 14: Use Your Brain.</p> <p>Stimulating your mind can help keep you moving forward and reduce feelings of isolation and helplessness.</p> <ul style="list-style-type: none"> • Work crossword puzzles • Read books • Play board games
<p>Wellness Wednesday Tip 15: Pick up a Book!</p> <p>Reading regularly can strengthen cognitive health, lower stress levels, and improve sleep.</p> <ul style="list-style-type: none"> • Download a popular new title • Listen to audio-books • Join a book club 	<p>Wellness Wednesday Tip 16: Add a Splash of Color!</p> <p>Different colors can change your mood, lower blood pressure and improve sleep.</p> <ul style="list-style-type: none"> • Redecorate a space • Dress up your wardrobe • Be creative with colors
<p>Wellness Wednesday Tip 17: Make Time for Self-Care!</p> <p>Practicing self-care can help you recharge, maintain work-life balance, and improve your overall health.</p> <ul style="list-style-type: none"> • Go to sleep early • Spend time outdoors • Take a break from electronics 	<p>Wellness Wednesday Tip 18: The Nose Knows.</p> <p>Aromatherapy may help reduce your feelings of stress, anxiety and even improve sleep.</p> <ul style="list-style-type: none"> • Light a candle • Use essential oils • Soak with bath salts
<p>Wellness Wednesday Tip 19: Achieve Financial Wellness.</p> <p>Financial Wellness is closely tied to your physical and emotional well-being. Being worried about money is a huge stressor that can impact your health. Setting goals can help you save money.</p> <ul style="list-style-type: none"> • Use a budget • Be aware of how you spend money • Automate Savings: Pay yourself first in savings account 	<p>Wellness Wednesday Tip 20: Focus on the good things!</p> <p>A positive attitude helps build a healthier immune system and boosts overall health.</p> <ul style="list-style-type: none"> • Spend time with positive people • Stop all-or-nothing thinking • Savor the good moments

For more tips, go to the AAPACN wellness initiative for LTPAC professionals website which including resources to help support you and your colleagues during these stressful times. <https://www.aapacn.org/wellness-for-ltpac-professionals>