

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

<p><b>Wellness Wednesday Tip 11: Start Chopping!</b></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"> <li>• Create a cookbook with your friends and colleagues and include everyone’s favorite healthy recipe.</li> <li>• A family affair – include everyone in the cooking and create family bonding time and spur communication!</li> <li>• Meal prep for the week</li> </ul>	<p><b>Wellness Wednesday Tip 12: Laughter is the best medicine!</b></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"> <li>• Catch a silly movie</li> <li>• Read the latest book from your favorite comedian.</li> <li>• Share a good joke or a funny story</li> </ul>
<p><b>Wellness Wednesday Tip 13: Tap your social Network!</b></p> <p>Engaging in social activities in the workplace can increase happiness and productivity.</p> <ul style="list-style-type: none"> <li>• Enjoy a virtual lunch or happy hour with co-workers</li> <li>• Celebrate special occasions</li> <li>• Connect across departments</li> </ul>	<p><b>Wellness Wednesday Tip 14: Use Your Brain.</b></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"> <li>• Work crossword puzzles</li> <li>• Read books</li> <li>• Play board games</li> </ul>
<p><b>Wellness Wednesday Tip 15: Pick up a Book!</b></p> <p>Reading regularly can strengthen cognitive health, lower stress levels, and improve sleep.</p> <ul style="list-style-type: none"> <li>• Download a popular new title</li> <li>• Listen to audio-books</li> <li>• Join a book club</li> </ul>	<p><b>Wellness Wednesday Tip 16: Add a Splash of Color!</b></p> <p>Different colors can change your mood, lower blood pressure and improve sleep.</p> <ul style="list-style-type: none"> <li>• Redecorate a space</li> <li>• Dress up your wardrobe</li> <li>• Be creative with colors</li> </ul>
<p><b>Wellness Wednesday Tip 17: Make Time for Self-Care!</b></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"> <li>• Go to sleep early</li> <li>• Spend time outdoors</li> <li>• Take a break from electronics</li> </ul>	<p><b>Wellness Wednesday Tip 18: The Nose Knows.</b></p> <p>Aromatherapy may help reduce your feelings of stress, anxiety and even improve sleep.</p> <ul style="list-style-type: none"> <li>• Light a candle</li> <li>• Use essential oils</li> <li>• Soak with bath salts</li> </ul>
<p><b>Wellness Wednesday Tip 19: Achieve Financial Wellness.</b></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"> <li>• Use a budget</li> <li>• Be aware of how you spend money</li> <li>• Automate Savings: Pay yourself first in savings account</li> </ul>	<p><b>Wellness Wednesday Tip 20: Focus on the good things!</b></p> <p>A positive attitude helps build a healthier immune system and boosts overall health.</p> <ul style="list-style-type: none"> <li>• Spend time with positive people</li> <li>• Stop all-or-nothing thinking</li> <li>• Savor the good moments</li> </ul>

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/learn\\_more/wellness](https://www.aapacn.org/learn_more/wellness)

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/learn\\_more/wellness](https://www.aapacn.org/learn_more/wellness)