

## Wellbeing Challenge for Parents

**Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day. That means choose 3 activities per week from 3 different columns.**

Physical Wellbeing	Emotional Wellbeing	Social Wellbeing	Cognitive Wellbeing	Spiritual Wellbeing
<b>A minimum of 7 hours of sleep</b> - get one point every day that you sleep for a minimum of 7 hours	Turn off all devices for at least 5 hours	FaceTime a friend/s for a <b>virtual catch up drink</b> and talk about anything BUT Covid-19	Complete a mindfulness guided meditation. You can access these on Smiling Mind.	Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own.
<b>Drink 1L. of water</b> during the work day to stay hydrated and avoid fatigue - earn one point each work day that you drink 1L. of water on the job	Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath.	<b>Compliment a co-worker</b> - offer a sincere compliment to a co-worker and earn one point. Earn up to 3 points per day.	<b>Sign up for something</b> that you have always wanted to do or learn about - participation wins the Challenge	<b>Spend time outdoors</b> - Spend 30 minutes outside observing nature and life around you. Earn one point each day you do this.
<b>Exercise for 30 minutes</b> - every 30 minutes counts for one point <b>Stretching</b> - earn one point each day when you spend 15 minutes stretching	<b>Express sincere gratitude</b> to someone - "gratitude is an attitude". Foster it by encouraging it. Earn a point each time you express sincere gratitude to someone - up to 3 points per day.	<b>Express sincere gratitude</b> to someone - "gratitude is an attitude". Foster it by encouraging it. Earn a point each time you express sincere gratitude to someone - up to 3 points per day.	Create your own self care reminders – watch Doodles by Sarah for some ideas <a href="https://www.youtube.com/watch?v=yJBETii03Ek">tube.com/watch?v=yJBETii03Ek</a>	<b>Spend time giving your</b> full attention to a child, family member, friend, or co-worker - Give 10 minutes of undivided attention to someone and earn one point, up to 3 points
<b>Eat 5 servings per day of fruits</b> and/or vegetables - get one point for each serving of fruit or vegetables.	Watch your favourite show/movie; then write down how it made you feel	<b>Contact a variety of friends or family members</b> - stay in touch with those that matter most. One contact per day earns one Challenge point	Complete a jigsaw puzzle, Sudoku or crossword puzzle	Think about someone you admire - what values do you share?
<b>Avoid eating junk food</b> - get one point each day that you do not eat any junk food	<b>Listen to relaxation music</b> - 10 minutes dedicated to relaxation each day earns a Challenge point	<b>Share healthy meal recipes</b> that can contribute to a family Healthy Cook Book - receive one point for every healthy recipe	<b>Plan a fun activity for yourself</b> or with others - "Life is good" Make it so for others and win the Challenge	Write a weekly list of affirmations( e.g. I am capable of making it through this storm)