



April 5, 2021 – April 30, 2021

This individual challenge requires you to complete various healthy habits pertaining weekly health topics over the course of four (4) weeks to help you set New Rules for the Game of Life.

WRITING NEW RULES FOR THE GAME OF LIFE

A HEALTHY HABITS CHALLENGE



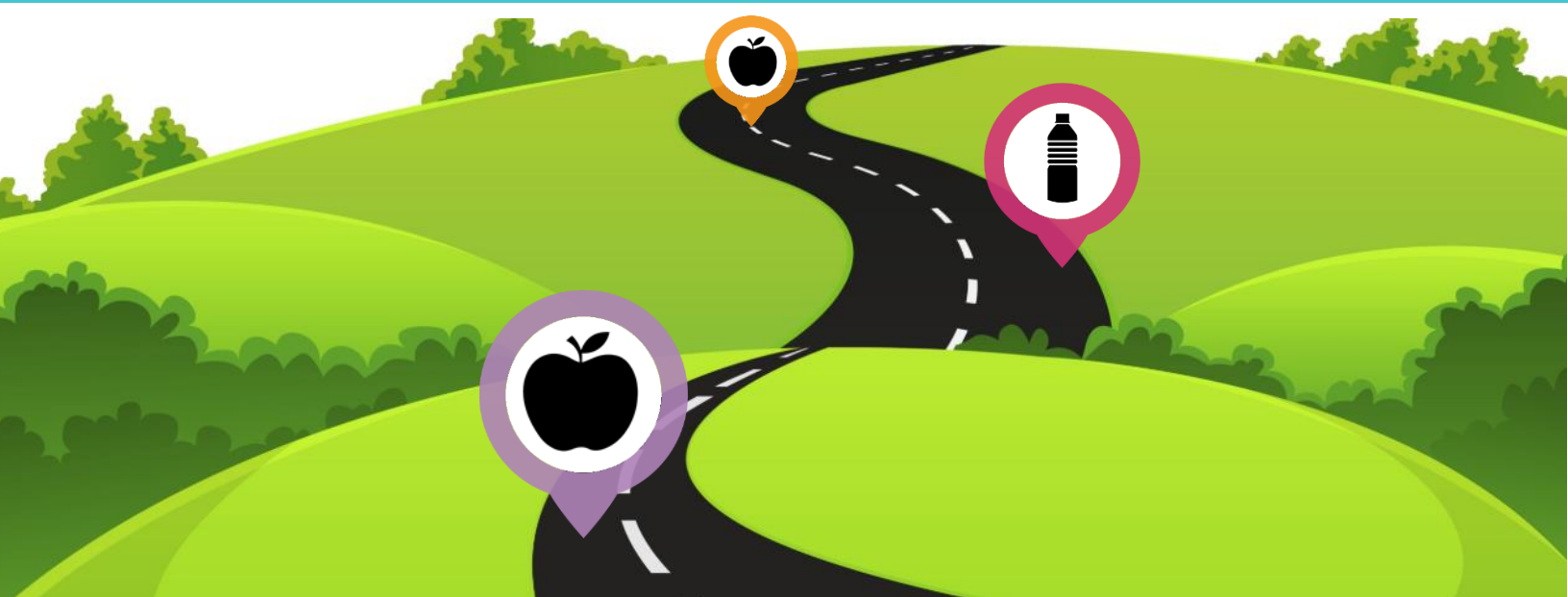
SIGN-UP



PARTICIPATE



EARN POINTS



SIGN-UP

REGISTER FOR THE CHALLENGE

1. Log into the **Wellness Portal**
www.wellworksforyoulogin.com
2. Click **MENU>Challenges** or the **Writing New Rules for the Game of LIFE** icon on the Homepage
3. Select the **Writing New Rules for the Game of Life** challenge and click **Sign Up**



EARN CREDIT

INCENTIVES FOR COMPLETION

Complete a **minimum of 3 habits per week** for the duration of the challenge and receive credit towards an **Additional Activity**.



PARTICIPATE

REQUIREMENTS TO EARN CREDIT

- Each week has a different health topic with **six (6)** correlating health habits.
- Complete a minimum of **3 habits each week** to move onto the next weeks habits.
- Once you complete the habit in its entirety, click on that habit and select **Complete**.
- Only **one (1)** habit can be completed **per day**.
- Complete a **minimum of 3 habits per week** for the duration of the challenge and receive credit towards an **Additional Activity**.

At the beginning of each week you will receive an email containing the various habits you can complete and resources on how to complete each habit.



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A HEALTHY HABITS CHALLENGE



SIGN-UP



PARTICIPATE



EARN CREDIT



Week 1 | APRIL 5 – APRIL 11

Nutrition & Eating Guidelines

Research shows, there is a strong link between the foods we eat and the influence they have on the chemical messengers our bodies make. For example, diets high in sugar, are associated with increased anxiety, while processed foods, come with additives, pesticide residue, and other chemicals that disrupt our health flow. Throughout this week, complete a **minimum of 3 habits** between **April 5, 2021** and **April 11, 2021** to learn/experience how you can help increase nutrients for a healthier body and move on to the next week of **Writing New Rules for the Game of LIFE**.



Week 2 | APRIL 12 – APRIL 18

Breathing & Meditation Techniques

One of the most powerful ways to interrupt a stress response is to take your attention away from the stressor and begin doing things you would normally do in a calm state. The habits you will see/experience during this week will help you develop an effective way to offset symptoms of stress reactions. Throughout this week, complete a **minimum of 3 habits** between **April 12, 2021** and **April 18, 2021** to move on to the next week of **Writing New Rules for the Game of LIFE**.



Week 3 | APRIL 19 – APRIL 25

Effective Communication Strategies

The techniques and strategies you will see/experience this week can help diffuse some of the tension we hold when relationships are challenging. Throughout this week, complete a **minimum of 3 different habits** between **April 19, 2021** and **April 25, 2021** to move on to the final week of **Writing New Rules for the Game of LIFE**.



Week 4 | APRIL 26 – APRIL 30

Sleep, Movement, & Everything Else

Lack of sleep makes even the simple tasks in life challenging and physical activity, music, and inspiring talks are often an overlooked stress reliever. Throughout this week, select a minimum of **3 different habits** and learn some great ways to relieve tension and calm stress after a long day. Complete a **minimum of 3 tasks/habits** between **April 26, 2021** and **April 30, 2021** to finish, **Writing New Rules for the Game of LIFE**.

HOW TO TRACK HABITS ON THE WELLNESS APP & WELLNESS PORTAL



Wellness Portal

1. Log into the Wellness Portal (www.wellworksforyoulogin.com)
2. Click the MENU and select Challenges
3. Click on Writing New Rules for the Game of LIFE challenge
4. Select the habit you would like to complete and click Complete



Wellness App

1. Upon logging into the Wellness App, select the Challenges box
2. Tap on Writing New Rules for the Game of LIFE challenge and select Track Habits
3. Tap DETAILS under the habit you would like to complete and select COMPLETE.

Please Note: You can only complete **one (1)** habit on the Wellness Portal **each day**. The specific directions and instructions on how to complete each task can be found under the **Writing New Rules for the Game of LIFE** challenge dashboard.



GAME OF LIFE

Week 1 | APRIL 5 – APRIL 11



Right Way to Hydrate

Drink ½ your body weight in ounces of water



Eat within 2 Hours of Waking

Eat breakfast within two (2) hours of waking up. Notice how you feel and if you have more energy.



Less Sugar, Sugar

Reduce the amount of added sugar you normally use



Increase Your Vegetable Intake

Include 2 different colors for at least 1 meal



Try a New Vegetable

While grocery shopping, pick up a few vegetables that you don't usually eat and incorporate in a meal this week.



The 3 Bite Rule for Sweets

Take one bite to say “hello,” one bite to savor the flavor, and one bite to say “goodbye.”

Week 2 | APRIL 12 – APRIL 18



Body Scan Meditation

3 minutes minimum. Learn how to pay attention to where you carry stress in your body.



Guided Meditation

Select a 15-minute minimum guided meditation of your choice.



4-7-8 Breathing Technique

90 second minimum to complete the recommended 4 cycles of breath.



Centering Breath

Take 3 centering breaths throughout the day by breathing into your belly rather than your chest.



Brain Dump Technique

Help clear your mind to reduce feeling overwhelmed by writing your tasks/ideas on a piece of paper.



Mirror Work

Say something positive to your reflection each day

Week 3 | APRIL 19 – APRIL 25



Ho'opono pono Forgiveness Meditation

15-20-minute guided meditation to help resolve conflict with a person.



Brain Dump Relationship Aspects

Start by making a list of the things that are challenging or annoying you in your relationship. Do this for 1 minute. Then turn the paper over and list things you appreciate or admire about the individual and the relationship. Spend at least 3 minutes on this.



Wash Away Your Stress

As you wash your hands, use the soap and water to release your last stressful encounter or conversation and picture it going down the drain.



Mirror Work

Say something positive to your reflection (do daily)



Quick Coherence Technique

This guided meditation from Heart Math Institute takes about 3 minutes, but can be done for a longer time if desired. It focuses attention on the heart space, and guides you to think about positive events or emotions.



Red Light, Green Light

This technique can take 10-15 minutes. Make a list of people and situations that tend to increase your stress levels or trigger you. These are the “red lights” which you want to avoid when you are stressed. Next, make a list of people or activities that help improve your mood. These are the “green lights”.

Week 4 | APRIL 26 – APRIL 30



Take a TV Break

For a minimum of 1 evening this week listen to an inspiring TED talk or try soothing, ambient music on YouTube. Playlists of music can also be found on sites like Spotify, Pandora, or YouTube.



2 Min. Walk or Stretch

Walk/stretch 2 minutes every hour for at least 1 day this week. Set your watch or the alarm on your phone to remind you to stand up and walk around or stretch for 1-2 minutes every hour.



White Noise/Sleep Timer

Use a form of white noise to fall asleep at least 1x this week. If the TV is your go-to sleep aid, get a timer so the TV shuts off automatically.



Take the Long Way

When you are walking somewhere, take the longest route you can to increase your steps at least 1 day this week. Building in activity as often as you can pays big dividends.



Screen OFF

Turn off screens 2 hours before bedtime at least 1x this week.



Commercial Break

Use commercial breaks as an opportunity to get up and move around for at least 1 whole day this week.