

# May Wellness Challenge

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take the challenge! Each day in May, try the daily activity. Share your progress on social media with #WellnessAtState to motivate and support other employees taking the challenge.			1 Complete 1 item on your to-do list	2 Set an alarm to stand and stretch every hour	3 Drink only water today	4 Host an old-fashioned game night
5 Plan a healthy meal	6 Go to bed 30 minutes earlier	7 Listen to upbeat music	8 Get 15 min of sunshine or fresh air	9 Take 10 minutes to clean or organize your workspace	10 Make a healthy breakfast	11 Read a book uninterrupted for 15 minutes
12 Make a gratitude list	13 Greet everyone with a smile	14 Create something with art/craft supplies you own	15 Take 5 deep breaths 5 times today	16 Eat meals without your phone or computer	17 Watch a funny video or TV program	18 Volunteer for 1 hour
19 List 2 things you want to accomplish tomorrow	20 Stretch 5 times today	21 Compliment someone on their work or effort	22 Write down 3 positive things that happened today	23 Try a new exercise or class	24 Make a meal from scratch	25 Clean as much of your living space as you can in 1 hour
26 Call (instead of text) a friend or family member	27 Set your alarm 15 minutes earlier	28 Pack a healthy lunch	29 Go for a 20 min walk	30 Go tech free this evening	31 Sit outside on a rocking chair or swing if possible	
				Did you make any permanent changes? Which challenge was the easiest for you to complete? Share on social media with #WellnessAtState		



EMPLOYEE WELLNESS AT STATE

**Amy Demchak**  
 Employee Wellness  
 Coordinator  
 321 Rankin Hall  
 812-237-4117  
 Amy.Demchak@indstate.edu