

A SIX-WEEK CHALLENGE
for cultivating healthy relationships



Healthy
CONNECTIONS

Healthy Connections Challenge

Description: This six-week Healthy Connections challenge promotes the importance of nurturing meaningful relationships through weekly activities that emphasize integrity, kindness, humility, teamwork, stewardship, and holistic wellness. Engage in exercises designed to deepen connections and foster a supportive community at work and beyond.

Challenge Goal & Tracking: To qualify for [insert reward or incentive], create a journal entry **every week for all six weeks** in the inHealth Wellbeing app or web portal.

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Visit the [mobile app](#) or [web-based portal](#).
- Click on the **Healthy Connections** banner on the **Today** screen
- Click **Enroll** and you're all set!

Tracking Instructions (*Included in all weekly messages)

Here's how to log your Healthy Connections:

- Access the [mobile app](#) or [web-based portal](#).
- Select **Health Tracking** from the main menu and go to **Wellbeing Journal**.
- Enter the date you are journaling and enter your **Healthy Connections**.
- Once completed, click the **Add** button to save your entry.

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all six weeks to [earn/qualify for] [insert reward or incentive].

Introduction/Enrollment Message

Healthy relationships are core to wellbeing. Research shows that those who have positive, meaningful relationships with others are happier than those who do not.

This 6-week challenge will help you establish deeper connections and greater respect for family members, friends and even co-workers! Allow this journey to change your heart, your actions, and your love toward others.

Log your Healthy Connections in the inHealth mobile app each week for all six weeks to earn [incentive/prize].

Weekly messages:

Week 1: Living with Integrity

Honesty and trust are fundamental to integrity. Demonstrating integrity by being truthful and upholding strong moral principles helps build relationships and strengthen bonds. Seize the opportunity to foster a positive work environment.

- Respect coworkers
- Keep commitments
- Take responsibility for mistakes

Log Your Healthy Connections: In your Wellbeing Journal, reflect on a moment when you demonstrated integrity. How did it impact your relationships at work? How did you feel after taking responsibility or being truthful?

***"Integrity is doing the right thing, even when no one is watching."
— C.S. Lewis***



Week 2: Creating a Culture of Kindness

Creating a culture of kindness in the workplace can start with simple acts of gratitude. Expressing and feeling gratitude can enhance physical and mental health and improve work performance.

- Be an attentive listener
- Hand-write a thank you note to a colleague
- Recognize someone publicly for a job well done

Log Your Healthy Connections: In your Wellbeing Journal, write about a moment when you expressed or received kindness. How did the act of kindness affect your day? How did it impact the other person?

"No act of kindness, no matter how small, is ever wasted."

— Aesop

Week 3: Walking Humbly

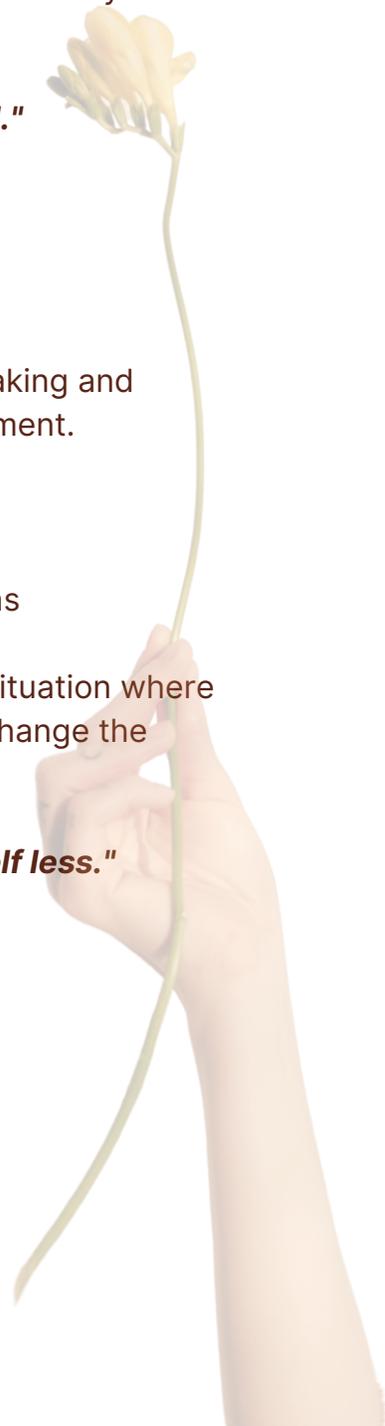
Humility fosters harmony and collaboration. By listening more than speaking and encouraging peers to share their ideas, you create an inclusive environment.

- Close your laptop and put away your phone during meetings
- Avoid interrupting; wait for others to finish speaking
- Demonstrate active listening with eye contact and relevant questions

Log Your Healthy Connections: In your Wellbeing Journal, describe a situation where you practiced humility. How did listening to others without distraction change the interaction? How did it strengthen your relationships?

"Humility is not thinking less of yourself, it's thinking of yourself less."

— C.S. Lewis



Week 4: Building the Spirit of Teamwork

Organizations thrive when employees work together. Effective teamwork boosts morale, solves problems faster, and increases productivity. It also builds trust among coworkers, establishing relationships that can better withstand minor conflicts.

- Encourage others and ask for feedback
- Admit when you don't know something and ask for help
- Build trust by being punctual and meeting deadlines

Log Your Healthy Connections: In your Wellbeing Journal, reflect on a teamwork experience. How did working together with others help achieve a common goal? What did you learn from collaborating with your team?

***"Alone we can do so little; together we can do so much."
— Helen Keller***

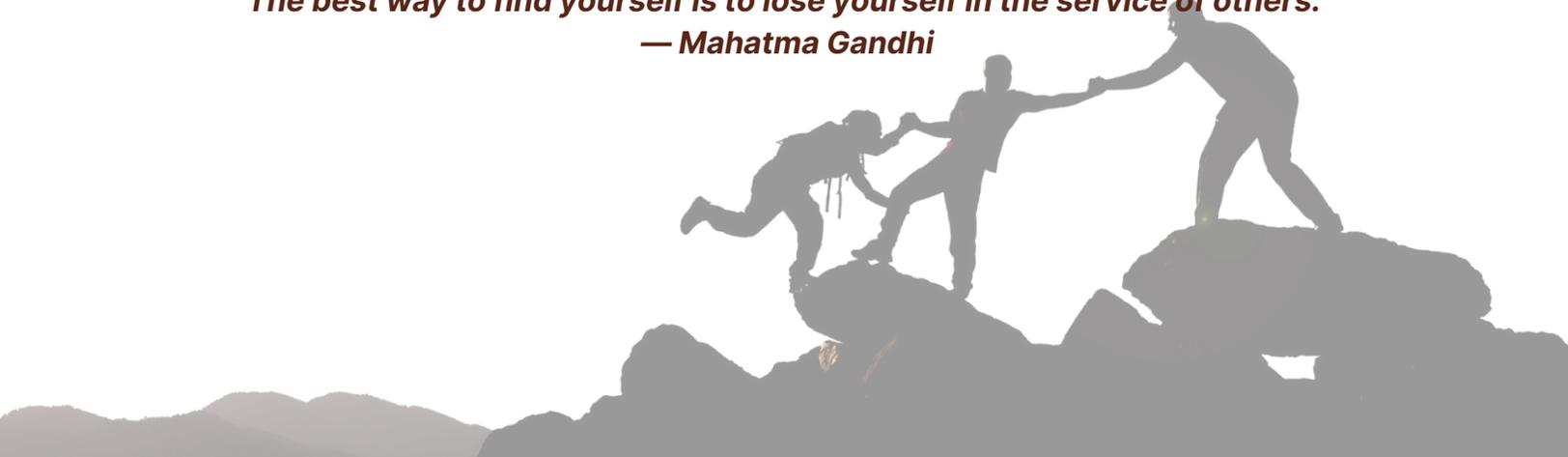
Week 5: Being a Good Steward

Good stewards are selfless, team players, transparent and effective communicators. Creating a culture that promotes wellbeing is an act of stewardship. Listen to your coworkers with an open mind and heart.

- Embrace new people and experiences
- Be open to different opinions and perspectives
- Encourage colleagues to share their ideas.

Log Your Healthy Connections: In your Wellbeing Journal, reflect on a time when you embraced stewardship by supporting a colleague or encouraging diverse perspectives. How did your actions contribute to a more inclusive and supportive work environment? How did it strengthen your connections with your team?

***"The best way to find yourself is to lose yourself in the service of others."
— Mahatma Gandhi***



Week 6: Be of Sound Mind, Body, and Spirit

Total wellness is an ongoing journey that involves balancing mind, body, and spirit. Prioritize each aspect to enhance overall wellbeing. Take time for meditation, mindful eating, and daily physical activity.

- Try a new healthy option for lunch and eat mindfully
- Incorporate prayer or reflection into a walk
- Take moments for deep, calming breaths throughout the day

Log Your Healthy Connections: In your Wellbeing Journal, reflect on a practice that supported your mind, body, or spirit. How did this practice impact your wellbeing? How can you integrate these habits into your daily routine?

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."

— Buddha

Final Message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

