BOOST WELLBEING WITH

Gratitude

A SIX-WEEK CHALLENGE

Week 1: Celebrate family and friendships

Week 2: Find your inspiration and share it

Week 3: Celebrate success!

Week 4: Choose words wisely

Week 5: Encourage mindfulness

Week 6: Laugh!

Boost Wellbeing with Gratitude Challenge

Description: This six-week challenge is designed to provide the tools needed for incorporating gratitude into daily routines and interactions, boosting overall wellbeing.

Challenge Goal & Tracking: Log each week's gratitude activity in the inHealth Wellbeing app or web portal within a seven-day period to earn/qualify for [Client-specific reward or incentive].

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 **Gratitude Challenge** 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 Gratitude activity:

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

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log your daily Gratitude Challenge 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

Taking a moment to reflect, appreciate what we have, and find a reason to express gratitude daily is a small investment of time and effort that can significantly impact our wellbeing.

Practicing gratitude enhances performance, boosts health, and promotes a positive mood. It can also lead to better physical and mental health, helping us feel more balanced and calm. And by reflecting on what we appreciate, we gain a better understanding of ourselves.

Research has found that expressing and feeling gratitude will boost health and wellbeing by:

- Promoting better sleep
- Lowering blood pressure
- Improving one's sense of mindfulness
- Increasing energy
- Improving mood and feelings of happiness
- Decreasing stress

The goal of this six-week challenge is to provide the tools for incorporating gratitude into our daily routines and interactions, allowing us to reap the benefits. Along the way, you'll get tips for ways to recognize and express gratitude. Log your Gratitude Activity in the inHealth mobile app each week for all six weeks to earn [reward/incentive/prize].

Sign up today to Boost Your Wellbeing with Gratitude. You'll be glad you did!

Week 1: Celebrate family and friendships

Make a point to express gratitude to at least one important person in your life this week. Showing gratitude toward others can also be beneficial to your own mental health and wellbeing by reducing stress and boosting the immune system.

Log your Grateful Moment: In your Wellbeing Journal, reflect on who you are grateful for and why. Describe the interaction you experienced when expressing gratitude. How did the person respond? How did this experience make you feel?

Week 2: Find your inspiration and share it!

What inspires you? Take a moment to share your favorite source of inspiration with a friend or colleague. This simple act can encourage others to repeat the gesture, creating a positive and more productive environment.

Log your Grateful Moment: In your Wellbeing Journal, write about your experience sharing your inspiration. What was your source of inspiration? How did the other person react? Would you consider sharing inspiration regularly?

Week 3: Celebrate success!

This act of kindness can improve confidence and productivity. Whether big or small, shower successes with celebration. Tell a co-worker they're doing a good job or congratulate them on completing a challenging task. Remember, celebrating success leads to more success!

Log your Grateful Moment: In your Wellbeing Journal, note the successes you celebrated this week. How did your co-worker(s) respond? How did celebrating their achievements make you feel?

Week 4: Choose words wisely!

Words have the power to uplift or bring down. Studies show that negative words can increase feelings of anxiety or sadness. Be mindful of your words and strive to express kindness and positivity. Say something nice to someone today.

Log your Grateful Moment: In your Wellbeing Journal, reflect on a positive interaction you had this week. What kind words did you share? How did the recipient react? How did choosing your words carefully impact your mood?

Week 5: Encourage mindfulness!

Mindfulness is a key element in stress reduction and overall happiness. It involves being present and accepting your experiences without judgment. Practicing mindfulness can help you respond to situations with clarity and calm. Learn more about cultivating mindfulness and check out some helpful mindfulness exercises here.

Log your Grateful Moment: In your Wellbeing Journal, describe a moment this week when you practiced mindfulness. What did you notice about your thoughts and feelings? How did being mindful affect your day?

Week 6: Laugh!

Laughter is a powerful tool for boosting your mood and easing stress. It can even have positive effects on your physical health. Make an effort to find joy and laughter in your day. Whether it's watching a funny video or sharing a joke, let yourself enjoy a good laugh.

Log your Grateful Moment: In your Wellbeing Journal, reflect on a moment of laughter you experienced. What made you laugh? How did it affect your mood and overall wellbeing?

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]