

The book cover features a light green background with a pattern of bamboo leaves. On the left side, there is a photograph of a bamboo plant with green leaves and yellowish-green buds. In the center-right, there is a faint, light-colored silhouette of a person standing with their hands clasped in front of them. The title 'Emotional Wellbeing' is written in a large, black, cursive font, and the subtitle 'A FIVE-WEEK JOURNEY TO A BETTER YOU' is in a smaller, white, sans-serif font inside a dark green rounded rectangle.

Emotional Wellbeing

A FIVE-WEEK JOURNEY TO A BETTER YOU

Emotional Wellbeing Challenge

Description: The five-week **Emotional Wellbeing Challenge** offers a series of helpful tips to build healthier emotional wellbeing habits to improve mental health and tools for managing feelings more effectively.

Challenge Goal & Tracking: To qualify for [insert reward or incentive], the challenge goal must be completed each and the activity logged each week (Monday - Sunday) in the inHealth Wellbeing app or web portal for all five weeks. Weekly entries will close every Sunday during the challenge.

*Note: Each week of this challenge requires tracking a different activity. The specific tracking instructions are listed after each weekly message.

- **Week 1: Set Intentions:** Set daily intentions and record your experiences in the **Wellbeing Journal** at least five days this week in your online **Wellbeing Journal**.
- **Week 2: Start Moving:** Track at least 8,000 steps or 15 minutes of **Physical Activity** for at least three days this week.
- **Week 3: Improve Sleep Hygiene:** Get a full 8 hours of **Sleep** at least three nights this week.
- **Week 4: Gratitude:** Express and record gratitude in the **Wellbeing Journal** at least three times this week.
- **Week 5: Self-Care:** Spend at least 15 minutes a day, for three days this week, being mindful and logging this activity in the **Wellbeing Journal**. This includes self-care, thoughtful reflections, and building healthy relationships.

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 **Emotional Wellbeing** banner on the **Today** screen
- Click **Enroll** and you're all set!

Notice of Challenge Requirements (*Included in all messages)

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

Introduction/Enrollment Message

Emotional wellbeing is the ability to successfully handle life's stresses and adapt to change and difficult times.

Join the Emotional Wellbeing Challenge and make a conscious effort to improve your emotional wellbeing. Several factors contribute to enhancing your mental health, including sleep hygiene, physical activity, self-care, and mindfulness. This challenge guides you in making small changes to reduce stress, become more self-aware, and settle into serenity.

Throughout this five-week challenge, check your inbox for weekly messages to learn more about how the various facets of health tie into emotional wellbeing. [Download and follow this calendar guide](#) to practice at least one healthy habit a day as you track your progress in the mobile app.

Each week, you will use the Health Trackers in the inHealth mobile app to monitor your progress. Did your steps/activity increase throughout the challenge? Did you spend more time being mindful, setting intentions, and practicing self-care? Did you sleep more soundly and for a longer period?

- **Week 1: Set Intentions**
- **Week 2: Start Moving**
- **Week3: Improve Sleep Hygiene**
- **Week 4: Express Gratitude**
- **Week 5: Practice Self-Care**

Challenge Calendar

Over the next five weeks, make a conscious effort to boost your emotional health every day. Download this five-week guide and place it somewhere visible in your home, car, or office.

Weekends are wild cards. Do what makes you feel your best! Indulge in this journey of emotional wellbeing for a healthier outlook on life.

[[Downloadable calendar embedded in message](#)]

[Button] [Download the Challenge Calendar](#)

Week 1: Set Intentions

"When your intention is clear, so is the way." Alan Cohen

Tackle life's stressors by setting intentions.

An intention is clearly stating what we intend to do or bring about through our actions. Unlike a goal, intentions are personal commitments to an aim, a purpose, or an attitude. Setting a daily intention allows us to stay focused on our values.

This practice strengthens emotional wellbeing through developing awareness and intentional actions. Our thoughts, emotions, and behaviors often determine how we feel and therefore behave. Creating intentions is a way to bring your heart and mind into alignment.

Set clear intentions by starting in a quiet area where you can focus and reflect on your thoughts, principles, and perspectives of life. What would feel good to accomplish today? What could you do to make your life better today? Your intention should be specific and actionable as well as inspiring and aligned with your values.

Week 1 Goal: Set daily intentions and record your experiences at least five days this week in your Wellbeing Journal.

Examples of Intentions:

- Go with the flow.
- Be positive.
- Show kindness.
- Make myself a priority.
- Take deep breaths to reduce stress.

Complete the challenge goal and log your daily Emotional Wellbeing activity in the inHealth Wellbeing app or web portal by the Sunday at midnight.

Track Your Progress

- Access the [mobile app](#) or [web-based portal](#).
- Select **Health Tracking** and click on the **Wellbeing Journal** icon.
- Enter your journal entry date.
- Type your journal entry in the provided space.
- Click **Add** to save your entry.

[Button] [Track Your Progress!](#)

Week 2: Start Moving

"Exercise is the key not only to physical health but to peace of mind." – Nelson Mandela

You may have heard that physical activity is a mood booster, but do you know why? Researchers have studied this topic extensively and found that physical activity has been shown to:

- **Calms Stress Response:** It helps regulate the fight-or-flight reaction and stress hormones.
- **Acts Like an Antidepressant:** Increases serotonin and norepinephrine levels, lifting your mood.
- **Releases Endorphins:** Produces feel-good chemicals in the brain.
- **Boosts Self-Esteem:** Reduces anxiety and enhances confidence.
- **Breaks Negative Cycles:** Distracts from worries and negative thoughts.

The good news is that you don't need to be a fitness fanatic to reap the benefits of exercise on your mental health. Moving 30 minutes or more a day, three to five days a week may significantly improve depression or anxiety symptoms. But smaller amounts of physical activity — as little as 10 to 15 minutes at a time — can also make a difference.

[Button] [Ways to Start Moving!](#)

Week 2 Goal: Track at least 8,000 steps or 15 minutes of physical activity for at least three days this week.

Safety first!

Be sure to check with your doctor before starting a new exercise program to make sure it's safe for you. If you exercise regularly, but depression or anxiety symptoms still interfere with your daily living, talk to your doctor or a mental health professional.

Track Your Progress by Sunday at midnight.

- Access the [mobile app](#) or [web-based portal](#).
- Select **Health Tracking** and tap the **Activity** icon.
- Enter the date you are tracking.
- Enter the amount of time you engaged in physical activity.
- Click **Add** to save your entry.

[Button] [Track Your Activity!](#)

Week 3: Improve Sleep Hygiene

"Sleep is the best meditation." – Dalai Lama

Busy days can make regular, good sleep seem unattainable, but it's crucial for both physical and emotional health. Mental health conditions can disrupt sleep, and poor sleep can impact mental health by affecting brain chemicals and stress hormones, leading to impaired thinking and emotional regulation. Stress, anxiety, and depression also contribute to sleepless nights.

Key sleep factors include:

- Amount
- Quality
- Consistency

Most adults need at least seven hours of sleep nightly. More than nine hours without feeling refreshed might require a conversation with your healthcare provider. If you struggle with quality sleep despite your best efforts, you should talk to your provider.

[Button] [Get More Sleep Tips!](#)

Week 3 Goal: Get a full 8 hours of sleep at least three nights this week.

Keeping a sleep diary

If you have trouble sleeping, a diary of your sleep habits can help you better understand what's going on. Your sleep diary should include when you:

- Go to bed
- Wake up during the night
- Wake up in the morning
- Take naps
- Exercise
- Drink alcohol or caffeinated drinks
- Take medications

Track Your Progress by Sunday at midnight.

- Access the [mobile app](#) or [web-based portal](#).
- Select **Health Tracking** and click on the **Sleep Tracker** icon
- Select the date and enter your sleep hours
- Click **Add** to save your entry.

[Button] [Track Your Sleep!](#)

Week 4: Gratitude

"Feeling gratitude and not expressing it is like Wrapping a present and not giving it." – William Arthur Ward

Having an attitude of gratitude can aid in supporting your emotional health! The most common practice of gratitude is saying "thank you," and neuroscientists have found that if you truly feel it when you say it, you'll be happier and healthier.

Gratitude affects brain function on a chemical level and its practice promotes feelings of self-worth and compassion for others. When we express gratitude, our brain releases chemicals that can make us feel lighter and happier inside and help to lower stress hormones.

During stressful times, it might seem difficult to be grateful. But if you really think about it, we all have something to be grateful for. Here are three easy ways to put yourself in the space of gratitude.

1. Keep a daily journal of things you are grateful for—list at least three. The best times for writing in your journal are in the morning as your day begins or at night before sleep.
2. Make it a point to tell people in your life what you appreciate about them daily.
3. When you look in the mirror, give yourself a moment to think about a quality you like about yourself or something you have recently accomplished.

Week 4 Goal: Express and record gratitude in the inHealth Wellbeing Journal at least three times this week.

Experience Gratitude

Put some effort into experiencing gratitude daily and see how it goes. Express gratitude for the good things in your life. These can be things such as the support that you have from loved ones or something smaller, such as being grateful for a nice meal.

Track Your Progress by Sunday at midnight.

- Access the [mobile app](#) or [web-based portal](#).
- Click on **Health Tracking** and select the **Wellbeing Journal** icon
- Select your journal entry date and record your expressions of gratitude for each date.
- Click **Add** to save your entry.
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[Button] [Track Your Progress!](#)

Week 5: Self-Care

"Almost everything will work again if you unplug it for a few minutes, including you." – Anne Lamot

What do you think of when you read the words 'self-care'? If self-care seems like something that is selfish or indulgent, you are not alone. However, self-care is about taking the time to do things that help you live well and improve both your physical health and mental health, which is not selfish. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Below are some tips to help you get started with self-care.

- **Exercise regularly.** Just 30 minutes of walking daily can boost your mood and health. Even short bursts add up, so don't worry if you can't do it all at once.
- **Eat healthily and hydrate.** A balanced diet and plenty of water improve energy and focus. Limit caffeine.
- **Prioritize sleep.** Stick to a schedule and ensure you're getting enough rest.
- **Relax and unwind.** Try mindfulness, muscle relaxation, or breathing exercises. Schedule time for activities you enjoy, like journaling.
- **Set goals and priorities.** Focus on what's urgent and learn to say "no" if overwhelmed. Reflect on what you've accomplished daily.
- **Practice gratitude.** Daily, note or think about specific things you're grateful for.
- **Stay positive.** Challenge negative thoughts by setting positive intentions.
- **Stay connected.** Reach out to friends or family for emotional support and practical help.

[Button] [Explore Relaxation Techniques](#)



Week 5 Goal: Spend at least 15 minutes a day, for three days this week, being mindful. This includes self-care, thoughtful reflections, and building healthy relationships. Log the types of self-care activities you practice and how much time you spend on them each day in the [mobile app](#) or [web-based portal](#).

What is self-care?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.

Track Your Progress by Sunday at midnight.

- Access the [mobile app](#) or [web-based portal](#).
- Click on **Health Tracking** and select the **Wellbeing Journal** icon.
- Select your journal entry date and record your self-care activities for each date.
- Click **Add** to save your entry.

But [Log Your Activity!](#)

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]

