

# 30 Day Wellness Challenge



<p><b>Listen Up!</b> <span style="float: right;">14</span></p> <p>Improve your relationships by enhancing your listening skills. Watch this short <a href="#">TED Talk</a> on 5 Ways to Listen Better.</p>	<p><b>Attitude of Gratitude</b> <span style="float: right;">15</span></p> <p>Studies show a strong link between gratitude and happiness. Learn more about gratitude from <a href="#">UW Health</a>.</p>	<p><b>Move More at Work</b> <span style="float: right;">16</span></p> <p>Regular stretching can help reduce stiffness and poor posture. Here are <a href="#">stretches</a> you can do right at your desk.</p>	<p><b>Time to Reflect</b> <span style="float: right;">17</span></p> <p>Self-reflection can be hard. <a href="#">Learn more</a> about why reflection is important and tips on how to start.</p>	<p><b>Work that Core</b> <span style="float: right;">18</span></p> <p>Attend group fitness classes with <a href="#">UW Rec Sports</a>. UW employees can purchase a fitness pass for 1, 4, 8, or 12 months.</p>
<p><b>Nix the Negativity</b> <span style="float: right;">21</span></p> <p>Learn how to develop a more positive outlook with these <a href="#">tips</a> from UW Health.</p>	<p><b>Get Some zzz's</b> <span style="float: right;">22</span></p> <p><a href="#">Learn</a> how to achieve longer and better quality sleep with these tips on falling asleep.</p>	<p><b>Explore the Arts</b> <span style="float: right;">23</span></p> <p>Check out the <a href="#">Chazen</a>, the <a href="#">Con-temporary Arts Museum</a>, or UW's <a href="#">theatre</a>, <a href="#">music</a>, and <a href="#">dance</a> events.</p>	<p><b>Color Your Stress Away</b> <span style="float: right;">24</span></p> <p>Choose from hundreds of free <a href="#">coloring options</a> to relax, take a break, or boost creativity.</p>	<p><b>Grab Some Fresh Air</b> <span style="float: right;">25</span></p> <p>Check out the UW Arboretum and their <a href="#">events</a> going throughout the year.</p>
<p><b>Walk at Work</b> <span style="float: right;">28</span></p> <p>Get your exercise in by walking to meetings on campus or walking stairs during breaks.</p>	<p><b>Learn Your Love Language</b> <span style="float: right;">29</span></p> <p>Take this fun <a href="#">quiz</a> to find out how you best receive love and appreciation.</p>	<p><b>Be Happier</b> <span style="float: right;">30</span></p> <p>Watch this short <a href="#">video</a> on the secret of happiness for today's inspiration.</p>	<p><b>Boost Your Self Confidence</b> <span style="float: right;">31</span></p> <p>Watch a <a href="#">TED Talk</a> on "power posing" &amp; learn how your body language affects how others see you.</p>	<p><b>Feeling Off?</b> <span style="float: right;">1</span></p> <p>Check out <a href="#">Silvercloud</a>, an online, self-guided resource that helps with mental health and stress.</p>
<p><b>Give a Compliment</b> <span style="float: right;">4</span></p> <p>Throughout the day, before talking with someone or asking them a question, compliment them.</p>	<p><b>Take a Breather</b> <span style="float: right;">5</span></p> <p><a href="#">Learn</a> how to use breathing exercises to help with stress management.</p>	<p><b>Bike Around the Lake</b> <span style="float: right;">6</span></p> <p>Madison has many great bike trails, check out this <a href="#">map</a> to plan your next bike ride.</p>	<p><b>Money Got You Stressin'?</b> <span style="float: right;">7</span></p> <p><a href="#">Read</a> up on budgeting tips from UW Credit Union.</p>	<p><b>Eating Well</b> <span style="float: right;">8</span></p> <p>Look through healthy eating <a href="#">tools</a> that UW Health collected.</p>
<p><b>Take a Brain Dump</b> <span style="float: right;">11</span></p> <p>Take two minutes to write down what you're thinking about, what you have to do, etc.</p>	<p><b>De-stress Your Desk</b> <span style="float: right;">12</span></p> <p>Cluttered desks can create stress and anxiety. Take the time to file paperwork and organize files.</p>	<p><b>Improve Your "Outlook"</b> <span style="float: right;">13</span></p> <p>Check out these <a href="#">best practices</a> to keep your Outlook inbox and calendar organized.</p>	<p><b>Be a "Goal-getter"</b> <span style="float: right;">14</span></p> <p>Practice goal setting by writing down at least three goals. Remember to make <a href="#">SMART</a> goals!</p>	<p><b>Strengthen Relationships</b> <span style="float: right;">15</span></p> <p>Write down a list of your loved ones. Next to their name, write down their signature strength/s.</p>
<p><b>Meditation Mondays</b> <span style="float: right;">18</span></p> <p>Start your week practicing mindfulness. Not sure where to start, check out these <a href="#">tips</a>.</p>	<p><b>Saving for the Future</b> <span style="float: right;">19</span></p> <p>Check out this <a href="#">financial calculator</a> to see how long it will take you to reach your saving goals.</p>	<p><b>Lacking Motivation?</b> <span style="float: right;">20</span></p> <p><a href="#">Read</a> up on motivation and how to find what's truly meaningful to you.</p>	<p><b>Unplug Your Health</b> <span style="float: right;">21</span></p> <p>Check out this interesting <a href="#">article</a> about taking a technology break.</p>	<p><b>Mind-Body Connection</b> <span style="float: right;">22</span></p> <p><a href="#">Learn</a> about how exercise can improve your mental and emotional health.</p>