



June Monthly Challenge



WEEK 1

Revive and Thrive

Everyone knows that eating smart and exercising regularly are keys to looking and feeling our best, but did you know that our mental and emotional diets have just as great of an effect on our energy levels? During this challenge, you will learn new techniques to reduce stressors and increase energy levels so you can Revive and Thrive!

Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by July 5, 2019.



Mindfulness Mantra

Did you know your brain, like other muscles, responds to training? This week's goal is to train your brain with a mindfulness mantra. Create a mindfulness mantra and write it down where you will see it daily. Say this mantra out loud when you sense yourself becoming overwhelmed or anxious.



After some practice, simply repeating your mindfulness mantra will help you relax. Mark an X on your log sheet for each day you practice your mindfulness mantra.



Examples of mindfulness mantras are:

- "There's no rush"
- "Slow down, breathe"
- "Keep it simple"
- "Do one thing at a time"
- "Let today happen"
- "With every breath, I feel myself relaxing"
- "I have control over how I feel, and I choose to feel at peace"
- "All experiences are helping me grow"