



Mindfulness RENEW Challenge

Focus Area: Well-Being

Objective: To practice various mindfulness exercises on a regular basis for a variety of health benefits.

Length of Challenge: This is a three-week challenge but can also be shortened.

Materials Needed:

- Sign-Up Sheet
- RENEW Cards
- Prizes (optional)

Directions:

- For every mindful activity completed, cross it out on your RENEW card. (Aim to complete one mindful activity a day.)

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Choose a start date for the challenge.
2. Establish a week-long sign up period before the challenge begins.
3. Determine how participants' RENEW cards will be scored (e.g., does simply completing the RENEW card mean participants automatically win a prize, do participants have to complete so many activities to then be entered into a prize drawing, etc.) and how RENEW winners will be rewarded (e.g., certificate, trophy, intranet spotlight).
4. Announce the challenge to employees! (e.g., email, intranet)
5. At the close of the sign-up period, contact all participants to share the following:
 - A challenge welcome
 - Challenge start and end date

- Challenge instructions
- Details about how to submit RENEW cards for scoring
- Details about how RENEW winners will be rewarded

NOTE: Don't forget to BCC participants if contacting them via email.

6. Print or email the "Mindfulness RENEW Card" to all participants.
7. Each week of the challenge send participants a friendly email encouraging their participation in the challenge. This can include tips and inspirational quotes.
8. During the final week of the challenge, send out a reminder to participants to submit their RENEW cards. *This is how you will determine the winner!
9. Recognize and reward the RENEW winners!



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