

STOCKTON WELLNESS CHALLENGE

21-DAY MINDFULNESS AND STRESS MANAGEMENT CHALLENGE

Let’s create healthy habits in 2024 by practicing mindfulness and stress management techniques for the next 21 days. Take the pledge to engage in more mindfulness and stress management practices by May 31, 2024, to be entered into a raffle drawing for a \$200, \$100, or \$50 Amazon® gift card.

Make practicing mindfulness and stress management a habit! Practicing mindfulness and managing stress is important for your health and well-being. Mindfulness and stress management practices can range from taking a walk,

talking to a loved one, reflecting on positive experiences, and eating a nutritious meal. You can find different ideas to practice mindfulness and stress management by checking out the MyHealthfinder website at <https://health.gov/myhealthfinder/health-conditions/heart-health/manage-stress>.

Goal for the month: Pick and choose from the options below. These are creative ways to engage in mindfulness and stress management practices for the next 21 days and beyond. Make sure to send in your pledge to set your goals one day at a time. Let’s go!

I, _____, PLEDGE TO ENGAGE IN MORE MINDFULNESS AND STRESS MANAGEMENT PRACTICES FOR THE NEXT 21 DAYS.
(name)

<input type="checkbox"/> Take three deep breaths. Focus on the present moment.	<input type="checkbox"/> Take a mindful walk — enjoy the scenery.	<input type="checkbox"/> Try a guided meditation via an app or online.	<input type="checkbox"/> What are you grateful for today? Write them down.	<input type="checkbox"/> Do a body scan. Relax any tension you may have.	<input type="checkbox"/> Enjoy a meal (or cup of coffee) without distractions.	<input type="checkbox"/> Send a thoughtful message to a friend.
<input type="checkbox"/> Imagine yourself in a place that brings you peace.	<input type="checkbox"/> Take five minutes to observe nature. What do you see?	<input type="checkbox"/> Tune into your thoughts and feelings without judgment.	<input type="checkbox"/> For the next hour, take a break from screens.	<input type="checkbox"/> Go for a walk to clear your head when feeling stressed.	<input type="checkbox"/> Take a moment to observe things you might usually overlook.	<input type="checkbox"/> Practice acceptance — focus on what you can control.
<input type="checkbox"/> Feeling overwhelmed? Establish clear boundaries today.	<input type="checkbox"/> Incorporate a “mindful minute” throughout your day.	<input type="checkbox"/> Try gentle stretching exercises. How do your muscles feel?	<input type="checkbox"/> Close your eyes and listen to the sounds around you.	<input type="checkbox"/> Be fully present in your interactions with others.	<input type="checkbox"/> Engage in activities like yoga, tai chi, or walking meditation.	<input type="checkbox"/> Repeat a positive affirmation throughout the day.

ENTER TO WIN A GIFT CARD!

Take the pledge today! Submit the Pledge Card to the participating organization where you received it or text a photo to 844-993-2004. Pledge before May 31, 2024, to be entered into a raffle drawing for a \$200, \$100, or \$50 Amazon® gift card.

Have any questions? Call Angela at 916-265-4042, ext. 124, or text us at 844-993-2004.