

Wellness Campaigns by WellSteps - 2018-19

Happiness Matters September 17 - October 21st

What you get: You will receive weekly tips and new skills to help you boost your emotional wellness.

What you do: You will watch a short intro video about emotional wellness then review your current emotional health status. You will learn about triggers and how to counter them, how to grow self-esteem and how to schedule time for you!

Feel Fitness November 12 - December 16th

What you get: An individual or team-based campaign which will help you gradually increase the time you spend exercising. Whether you currently exercise or not, this campaign will help you feel better!

What you do: The Feel Fitness campaign will help you feel the benefits of physical activity. You will start by watching a brief video about the benefits of exercise. You will be encouraged to increase your physical activity by 15 minutes each week. All of your activity will help raise money for a charity selected by your company. This campaign will help you feel the benefits of fitness and your efforts will help raise money for a great cause.

Resilient You January 14 – March 3rd

What you get: Learn how to bounce back from stressful situations and step up to a higher plain of psychological growth and determination.

What you do: This 7 week campaign is designed to encourage participants to identify stressful situations, visualize positive ways of dealing with these situations, and practice techniques to enhance resilience. Each week, you will watch a video about resilience including the following topics: the what and why of resilience, reacting to stressful situations, emotion- and problem-focused coping, taking responsibility, and changing thought processes.

Move It Coast to Coast March 11 – April 28th

What you get: You get weekly motivational messages as you participate in your favorite form of exercise and "move it" across the United States. Move It Coast to Coast is a team-based campaign.

What you do: Like the "Move It!" campaign, Move It Coast to Coast is designed to encourage physical activity via peer support and friendly competition. Groups within a company, race across the country by engaging in physical activity. Once a week, you will log your time spent in physical activity and your minutes will translate to miles traveled by your team. You get more miles added to your total for vigorous activity versus moderate activity. This campaign has an interactive map with highlighted landmarks across the country. You can see how your team is doing, how far you have to go to your next landmark, and how close you are to the finish line!