

# Wellness Challenge 2021

## Mental Wellness Resources

*Please watch the videos and read the articles below to receive your weekly bonus points for the educational challenge.*

### **Week 1: Mindfulness**

- 1.) [Headspace Animation \(Video 1:37 min\)](#)
- 2.) [Mindfulness: in Medicine, Health Care and Society \(Video 9:38\)](#)
- 3.) [Benefits of Mindfulness \(Article\)](#)
- 4.) [Why Men Should Practice Mindfulness \(Article\)](#)

### **Week 2: Relaxation**

- 1.) [Benefits of Mindful Breathing \(Article\)](#)
- 2.) [10 Different Types of Breathing to Relieve Stress \(Article\)](#)
- 3.) [12 Science Based Benefits of Meditation \(Article\)](#)
- 4.) [7 Meditation Tips for Beginners \(Video 8:02\)](#)
- 5.) [20 Simple Tips to Help You Fall Asleep \(Article\)](#)

### **Week 3: Acceptance**

- 1.) [Mental Health during the Pandemic \(Video 6:48\)](#)
- 2.) [FACE COVID \(Article\)](#)
- 3.) [FACE COVID \(Video 5:23\)](#)
- 4.) List of 7 Helpful Things to Do During the Pandemic (In weekly email)

### **Week 4: Gratitude**

- 1.) [Denzel Washington Saying Thank You \(Video 5:10\)](#)
- 2.) [Benefits of Gratitude \(Article\)](#)
- 3.) [20 Random Acts of Kindness \(Video 3:05\)](#)
- 4.) [Kindness Health Facts \(Poster\)](#)