

# *Fabiano Brothers* Wellness Challenge

## Just Be Kind ~ January 2024

Happy New Year! By now, the hustle and bustle and stress of the holiday season is behind us. You have probably spent weeks shopping, gift-giving, and visiting with friends and family – mostly time spent focusing on everyone else. Now, with the New Year upon us, it is time to focus on you. As we think of New Year’s resolutions, we naturally reflect on how we can better ourselves and contemplate changes to make that happen.

For most, New Year’s resolutions typically focus on self-improvement – whether it’s losing weight, exercising more, or learning a new skill or hobby. These resolutions can fill us with excitement in anticipation of the possibilities of achieving goals or weigh us down with dread and apprehension of not living up to our expectations.

Too often, we set goals for ourselves, and when we don’t meet them, we can have feelings of failure that can ultimately lower our self-esteem, which can trigger stress and anxiety and take a toll on our mental health.

There are strategies to prioritize our mental health during this time as we strive to achieve our resolution goals, but keep in mind that you know yourself better than anyone else. Your resolutions – if you even choose to make them – should be custom-tailored to you. Before deciding on your goals, ask yourself, “Does the very thought of making a New Year’s resolution excite you or overwhelm you? How can I make simple day-to-day changes that will help me achieve success? What are the little goals that will allow me to build momentum, so I’m headed in a positive direction?”

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. In short, doing good does you good. It’s essential to look out for each other in and around our communities. This is how we protect and maintain good mental health for all.

**If you do nothing else today, keep an eye out for an opportunity to help someone with a random act of kindness or hold onto that warm feeling when someone helps you.**

Doing something nice for someone doesn't cost a lot of time or money. It's the small things in life that can make a big difference. Call a friend, pick up groceries for your neighbor, help someone get active, sign up for a meal train, send someone a a joke or a picture of their favorite thing. Smile at someone, let someone go in front of you in line, hold the door for a stranger. Small, easy things....**BE KIND**

Completing this WELLNESS CHALLENGE.....

**\*\*ALL EMPLOYEES ARE ENCOURAGED TO PARTICIPATE\*\***

- At least 22 days of the month, do something kind for someone and make a note of it on the sheet provided. If you have at least 22 days out of the month that you do something kind, \$10 will be added to your HIP account.
- BONUS: If you complete the challenge AND have at least 22 days in the month you exercise for 30 minutes or more you will receive an additional \$10 HIP Credit! Put Ex for each day you exercised and the time underneath it.
- Submit your challenge to HR by February 5th.

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Write "EX" for each day you exercised for 30+ minutes and use the attached sheet to note your kindness.

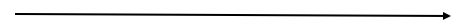
# January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

\_\_\_\_\_ Number of days this month that you were kind (must be at least 22 days or more)

\_\_\_\_\_ Number of days this month you exercised (must be at least 22 days)

Signature (legible): \_\_\_\_\_ Date: \_\_\_\_\_



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**Just Be Kind~ January 2024**

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2. \_\_\_\_\_

3. \_\_\_\_\_

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