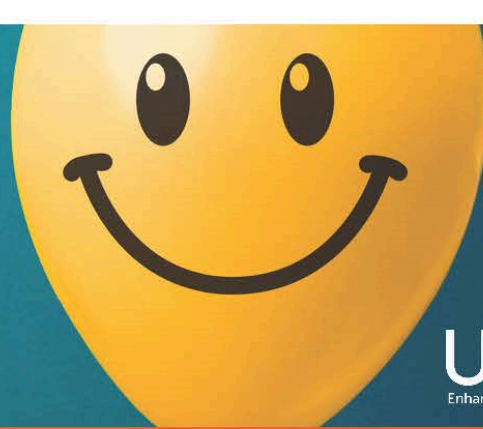


SELF CARE— MORE THAN A SPA DAY!



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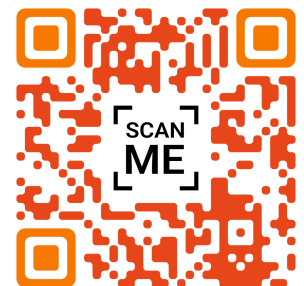
MONTHLY CHALLENGE

ready, set, go! starts on 2/1/25

The Self Care Challenge invites you to focus on your health each day. By participating in this challenge you have already shown up for yourself! Self-care is the practice of taking care of your physical, emotional and mental health. It involves making time for yourself and engaging in activities that bring you joy and relaxation.

For 22 days in this month practice Self-Care using the practices listed in the attached handout from Ulliance called "Self-Care- More Than a Spa Day!" Track your Self-Care practices using the attached calendar or log. Plus - if you exercise for 150 minutes this month you can earn more HIP.

Completed challenges must be submitted to HR within five days after completion. Employees can complete one challenge every 30 days, with a limit of 10 challenges per year.



Days

Practice Self-Care for 22 days out of the month following the attached handout.



Minutes

Optional: Exercise for a total of 150 minutes in addition to your self-care practices.



SUBMIT

Submit to HR within 5 days of completion.



**\$10 HIP Self -Care
\$10 HIP Exercise**

Questions about the Challenges? Send an email to hr4u@fabianobrothers.com or via Paycom's Ask Here

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MONTHLY CHALLENGE starts on 2/1/25

Enter the challenge month and completion days on the calendar. Submit to HR within five days. Contact HR with questions.

MONTHLY PLANNER

01 02 03 04 05 06 07 08 09 10 11 12

SUN	MON	TUE	WED	THU	FRI	SAT

← Number of DAYS you practiced Self- Care

← Number of MINUTES you Exercised

PRINT NAME &
SIGN HERE- _____

Date: _____



SELF CARE— MORE THAN A SPA DAY!



TIPS TO PRIORITIZE YOUR WELL-BEING

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WHAT IS SELF-CARE?

Self-care is the practice of taking care of your physical, emotional and mental health. It involves making time for yourself and engaging in activities that bring you joy and relaxation.

Self-care
IS EMPOWERMENT

MENTAL SELF-CARE

Mental and intellectual self-care promotes a positive mindset through mindfulness and curiosity, aiding skill development, reducing stress, and enhancing creativity.

Key practices include:



EMOTIONAL SELF-CARE

Emotional self-care nurtures your heart with healthy coping strategies and self-compassion, improving self-understanding and positive emotional responses. Key practices include:



PHYSICAL SELF-CARE

Physical self-care includes exercise, nutrition, hygiene and sleep, promoting energy and self-esteem. Key practices involve:



ENVIRONMENTAL SELF-CARE

Environmental self-care means nurturing your surroundings to foster well-being and a sense of belonging. Key practices include:



SELF-CARE PRACTICES FROM 1 MINUTE TO A WEEKEND!

1 MINUTE	20-30 MINUTES	1-2 HOURS	FULL DAY OR WEEKEND
 Mini Practices	 Short Practices	 Longer Practices	 Luxurious Practices
<ul style="list-style-type: none">• Breathe deeply• Hydrate• Stretch• Dance• Listen to music• Practice mindfulness• Meditate	<ul style="list-style-type: none">• Exercise regularly• Eat nutritiously• Practice relaxation techniques• Journal your feelings• Read regularly• Practice gratitude	<ul style="list-style-type: none">• Pursue hobbies• Seek support• Prioritize medical care• Visit a library museum, or gallery• Attend a workshop• Unplug• Volunteer	<ul style="list-style-type: none">• Visit a friend• Go on a retreat• Pamper yourself• Spend time in nature• Go shopping• Take a weekend trip

Call Ulliance today, for resources and tools for self-care!



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CHALLENGE NOTES

Notes Page - Feel free to write anything you want on this page. For example, what did you eat? How did you feel? Suggestions? etc. HR does NOT need this page, unless you put suggestions about the challenge on it.

