



HEALTH YOURSELF MAY 2024 CHALLENGE

Social connection benefits our physical health and mental and emotional well-being.

Research shows that strong social connection...

- **Leads to increased chance of longevity**
- **Strengthens your immune system and reduces inflammation**
- **Helps you recover from disease faster**
- **Reduces incidence and severity of anxiety and depression**



So let's focus in on this essential element of our wellbeing together as one big connected CBJ, BRH, and JSD admin family.

How this challenge works:

- Use the following weekly forms to track your connections. Try to make one new social connection per day. It can be a small 5-minute act like sparking a conversation in line at the grocery store, asking a coworker about their day, or chatting with a barista at a coffee shop. The weekly suggestions can help you deepen this practice. Mark the orange circle for each day to track your progress in a way that works for you– like notes, check marks, happy faces, etc.
- At least once each week, take a whole hour to connect with someone you care about and track this in the lower right hand corner.
- As you'll learn in upcoming emails, sleep and physical activity impact our social connections too! Try your best to get 7-9 hours of sleep and 20 minutes straight of heart-pumping activity each day– use the pink and blue circles to track your efforts and see if you notice a difference.
- After completing all four weeks, watch for an upload link from Jess or send the paper copies to HR. Be sure to submit yours by May 31 to qualify for points. Active logging in all four weeks will earn employees 15 Health Yourself points and put you in the running for prize drawings.



CONNECT MAY CHALLENGE

Week 1

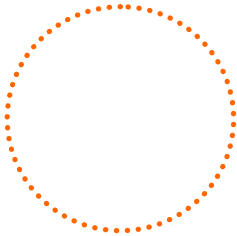
Name: _____

Did you connect?

Sleep?

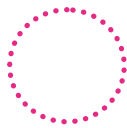
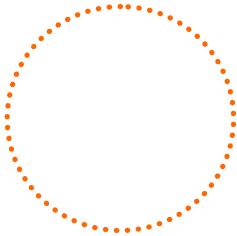
20 mins of heart pumpin' activity?

Mon
4/29



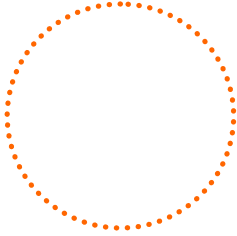
Notes:

Tues
4/30



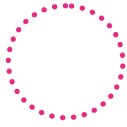
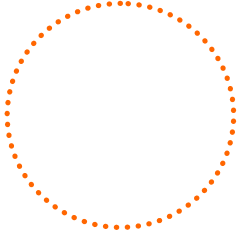
Notes:

Wed
5/1



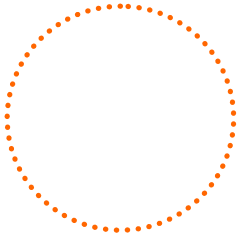
Notes:

Thurs
5/2



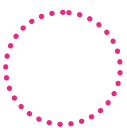
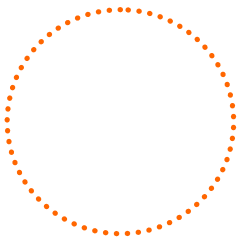
Notes:

Fri
5/3



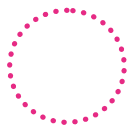
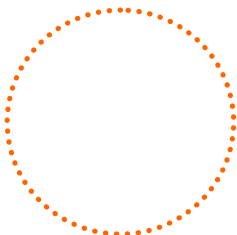
Notes:

Sat
5/4



Notes:

Sun
5/5



Notes:



dial into connection this week with the following suggestions:

- Try to un-automate your days to allow more interactions with strangers (ie: no self-check out, calling someone instead of emailing, etc)
- Make dinner with us! Watch for details in your email
- Snap a photo of something beautiful in nature today and text it to a friend
- Walk outside with friends
- Listen: Happiness Lab podcast, S5, E1: "The Secret to Making Friends as an Adult"

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Did you take at least 1 hour to connect with someone you care about this week?

CONNECT MAY CHALLENGE

Week 2

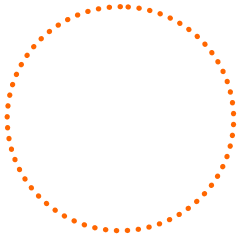
Name: _____

Did you connect?

Sleep?

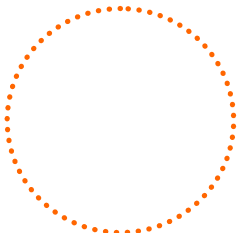
20 mins of heart pumpin' activity?

Mon
5/6



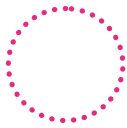
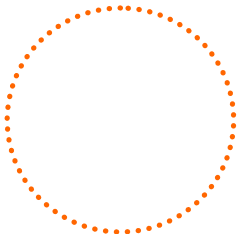
Notes:

Tues
5/7



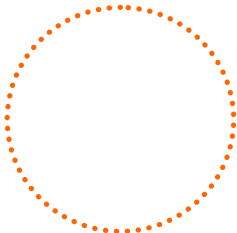
Notes:

Wed
5/8



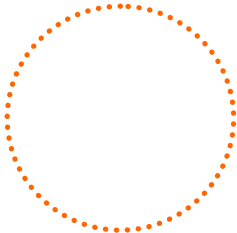
Notes:

Thurs
5/9



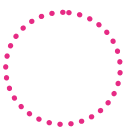
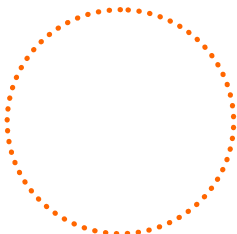
Notes:

Fri
5/10



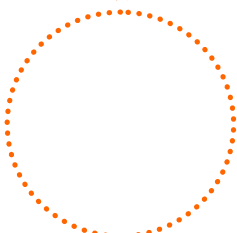
Notes:

Sat
5/11

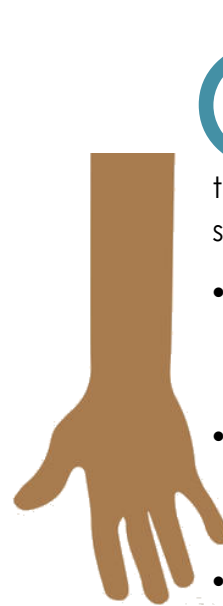


Notes:

Sun
5/12



Notes:



dig a little deeper this week with the following suggestions:

- Delete any social media apps that don't nurture you
- Walk to your destinations without being on your phone
- Invite someone you aren't very close with (yet) on a walk
- Perform acts of kindness
- Try Loving Kindness meditation– watch emails for more info
- Give a genuine compliment to a coworker
- Listen: Happiness Lab podcast, S1, E4: "Mistakenly Seeking Solitude"

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Did you take at least 1 hour to connect with someone you care about this week?

CONNECT MAY CHALLENGE

Week 3

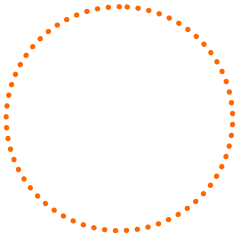
Name: _____

Did you connect?

Sleep?

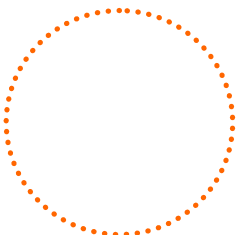
20 mins of heart pumpin' activity?

Mon
5/13



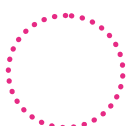
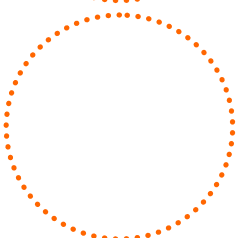
Notes:

Tues
5/14



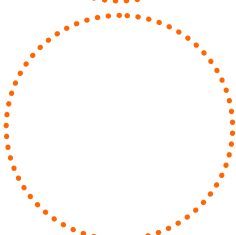
Notes:

Wed
5/15



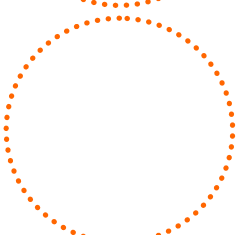
Notes:

Thurs
5/16



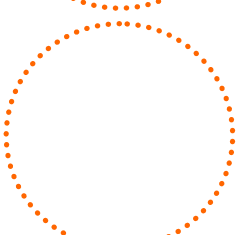
Notes:

Fri
5/17



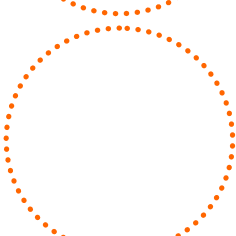
Notes:

Sat
5/18



Notes:

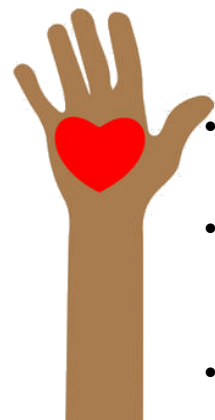
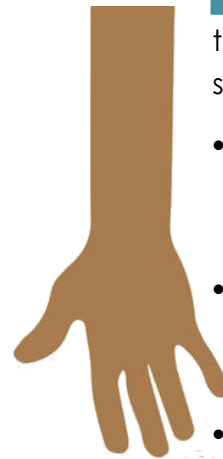
Sun
5/19



Notes:

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flex your connect muscles this week with the following suggestions:



- Write and send the postcards I've delivered to you
- See how many times you can genuinely thank others today
- Leave for your destinations a little early to allow for interactions with friends and strangers on your way
- Organize a trash clean up with some neighbors
- Make a sincere apology that you've been avoiding
- Ask for help
- Listen: Pivot podcast, E151: "Joy of Movement"

Did you take at least 1 hour to connect with someone you care about this week?

CONNECT MAY CHALLENGE

Week 4

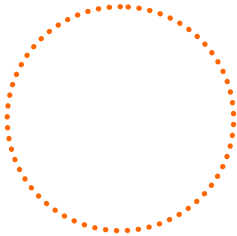
Name: _____

Did you connect?

Sleep?

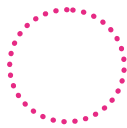
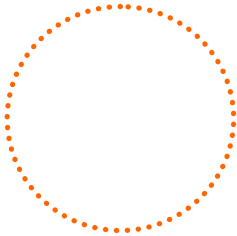
20 mins of heart pumpin' activity?

Mon
5/20



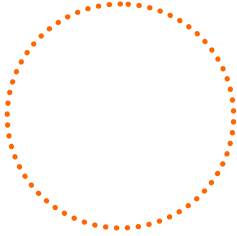
Notes:

Tues
5/21



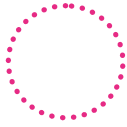
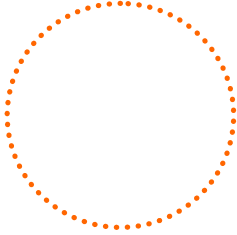
Notes:

Wed
5/22



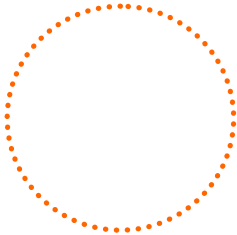
Notes:

Thurs
5/23



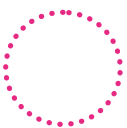
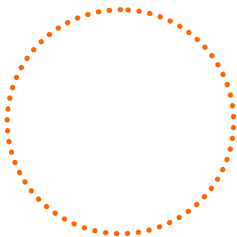
Notes:

Fri
5/24



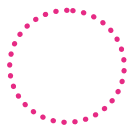
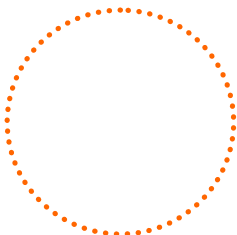
Notes:

Sat
5/25



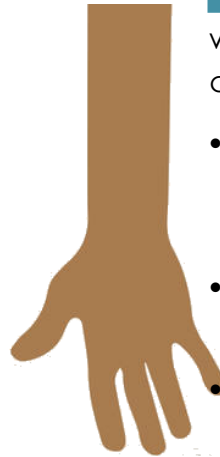
Notes:

Sun
5/26



Notes:

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Finish the month strong with the following connection suggestions:

- Call a person who's had a strong influence on your life
- Nurture a new friendship
- Consider a special gift you can give someone else and give it
- Take an unofficial garden tour of your neighborhood- ask your neighbors about their plants and their best green-thumb advice
- Listen: Happiness Lab podcast, S7, E8 : " Don't make friends where you make your money?"
- Ask a stranger to take your photo

Did you take at least 1 hour to connect with someone you care about this week?

Watch for an upload link from Jess and submit yours by May 31 to qualify for points.