



# Give Me a Break Challenge

## **Focus Area: Well-Being**

**Objective:** To use your rest breaks during the workday to practice healthier habits that help increase activity and relaxation to boost your energy levels and refresh you.

**Length of Challenge:** Two weeks (can be extended)

## **Materials Needed:**

- Sign-Up Sheet/Form (optional, but recommended)
- Give Me a Break Challenge Tracking Sheet
- Prizes (optional)

## **Directions:**

- Choose from the list of ideas for a healthy break.
- Note the time you took a healthy break. (We are allowed two “rest breaks” each day. Aim to make at least one of these breaks a healthy one!)
- Use the tracking sheet to record your progress for two weeks.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.

## **Getting Started:**

1. Decide what dates your “Give Me a Break Challenge” will run.
2. [OPTIONAL] Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign-up for the challenge.
3. Determine how participants submit their Tracking Sheets and how/if winners will be rewarded.

*Remember: Challenge rewards do not have to be tangible. Announcing the "Give Me a Break Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*

4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates of when the challenge will begin and end.
  - Instructions on how to play the "Give Me a Break Challenge".
  - Details about how to submit their Tracking Sheets and how winner(s) will be rewarded.

*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach via email the "Give Me a Break Challenge Tracking Sheet" and distribute to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional information related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Request 'Sample Weekly Emails' from your WFHTN Regional Wellness Coordinator.)
8. As the two-week challenge comes close to an end, send out a reminder to participants to submit their "Give Me a Break Challenge Tracking Sheet" and announce the winner(s)!



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



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