

Spring Into Action Challenge

Action Idea List

You're more than the sum of your parts. Your whole self is mind, body, spirit – all connected. This means your overall health is affected as much by mental and emotional issues as it is by physical conditions. Use the list below for *ideas* on small, intentional actions you can take each day to support your mind, body and/or spirit this spring! In this challenge, feel free to repeat actions, as well take any other action that feels good to YOU.

MIND	BODY	SPIRIT
<ul style="list-style-type: none"> • Do nothing for 2-minutes • Play a word game or puzzle • Be positive! Try to see the glass half full. • Do 4-minutes of deep breathing • Get a breath of fresh air • Go to your happy place! (Use this 6-minute guided imagery meditation.) • Take 10-minutes to try mindful breathing meditation • Take a 15-minute rest break • Feel better with this 14-minute body scan meditation • Tidy up your workspace • Take time for yourself 	<ul style="list-style-type: none"> • Begin your day with a well-balanced breakfast • Hydrate with water • Stand up and stretch • Give yourself a 5-minute massage • Join a live virtual workday workout • Take a 30-minute Wellness Break with your supervisor's permission • Take your lunch hour • Walk or bike to run errands, meetings or appointments • Take the stairs up OR down instead of the elevator • Pack and/or prepare lunch • Try 15-minutes of progressive muscle relaxation • Get 7-9 hours of sleep 	<ul style="list-style-type: none"> • Compliment YOURSELF! • Laugh • Turn up your favorite tunes • Enjoy your favorite food(s) • Take time for a hobby you love • Spend time with people and/or pets you love • Be a kid again and play a quick game of hoops, jump rope, keep up the balloon, etc. • Leave a post-it or send a message with a positive saying for someone. (For example, "You got this!") • While in a meeting, give a meaningful shout-out to someone who did a great job. • Volunteer

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Challenge Tracker

DIRECTIONS: Aim to take at least one small, intentional action a day to support your mind, body and/or spirit this spring. List your action(s) below – you can repeat actions as you like – and at the end of this challenge, let us know you took time for yourself [on the submission form](#) or submit this Challenge Tracker to wfht.tn@tn.gov.

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