

15 FOR ME CHALLENGE

Learn to manage stress with the 15 for Me Challenge.

Taking time for yourself isn't always easy, but it is important for your physical and mental health. Learning to manage stress can help you sleep better, control headaches, and keep illness and depression away.*



CHALLENGE DATES:

Challenge Runs: 3/4/19 - 3/29/19



HOW IT WORKS:

Give yourself one challenge point for each day you spend at least 15 minutes:

- » Getting a massage
- » Meditating
- » Journaling
- » Being physically active
- » Doing yoga and other stretching exercises

The Goal: reach the following points within the four-week challenge to complete each tier (daily max points: 1 per day):

15 points to complete Tier 1

20 points to complete Tier 2

23 points to complete Tier 3

26 points to complete Tier 4

All tiers are worth 250 points, so you can earn up to 1,000 wellness program points.



Register and track on the SimplyWell® portal. Go to MyCreighton, click on the apple and log in with your NET ID and BLUE password.

*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

**Questions about this challenge
or your wellness program?
Call 888-833-5828.**