

30 Day Strive to Thrive Challenge



<p>Listen up! <input type="checkbox"/></p> <p>Improve your relationships by improving your listening skills. Watch this short TED Talk on 5 Ways to Listen Better.</p>	<p>Attitude of gratitude <input type="checkbox"/></p> <p>Studies show a strong link between gratitude and happiness. Learn how to be more grateful with this handout.</p>	<p>Move more at work <input type="checkbox"/></p> <p>Learn how to Deskercise or watch one of the four 5-minute resistance band workouts. All videos are located in the Media Library. Now get moving!</p>	<p>Time to reflect <input type="checkbox"/></p> <p>We often spend too little time doing activities we <i>truly</i> enjoy. Complete this worksheet to learn how to make the most of your time each day.</p>	<p>Work that core <input type="checkbox"/></p> <p>SATURDAYS 9:45-11:15 am: Attend a FREE Pilates class to strengthen your core and balance.</p>
<p>Nix the Negativity <input type="checkbox"/></p> <p>Learn how to quiet your inner critic and develop a more positive outlook with this practical guide.</p>	<p>Get some Zzz's <input type="checkbox"/></p> <p>Learn how to achieve longer and better quality sleep and why sleep is important for your health with this handout.</p>	<p>Explore the arts <input type="checkbox"/></p> <p>Participating in the arts or creative endeavors can boost happiness. Learn how with this informative handout.</p>	<p>Color your stress away <input type="checkbox"/></p> <p>Print out these fun pages to take a break, relax, or boost creativity.</p>	<p>Grab some fresh air <input type="checkbox"/></p> <p>Check out these campus walking maps to find a route near you! Routes range from six to forty-five minutes.</p>
<p>Get centered <input type="checkbox"/></p> <p>MONDAYS 5:30-6:30 pm: Take a FREE Quigong class for flexibility and balance.</p>	<p>Learn your love language <input type="checkbox"/></p> <p>Take this fun quiz to find out how you best receive love and appreciation.</p>	<p>Be happier <input type="checkbox"/></p> <p>Watch this short video on the secret to happiness for today's inspiration.</p>	<p>Boost your self confidence <input type="checkbox"/></p> <p>Watch a TED Talk on "power posing," discover ten ways to boost confidence, and spend some time on you!</p>	<p>Feeling off? <input type="checkbox"/></p> <p>Take this confidential online screening to determine if it's time to get professional help. Then reach out to your Employee Assistance Program.</p>
<p>Give a compliment <input type="checkbox"/></p> <p>Use this activity at the office to boost employee morale and spread some kindness.</p>	<p>Take a breather <input type="checkbox"/></p> <p>Learn how to box breath with this instructional handout.</p>	<p>Just dance! <input type="checkbox"/></p> <p>Every M, W, and Th Dance off your stress with a FREE Zumba class! Class times vary.</p>	<p>Money got you stressin'? <input type="checkbox"/></p> <p>Finances are a common cause of stress. Learn more about your budget with this fill-in-the-blank worksheet.</p>	<p>Stress and your sweet tooth <input type="checkbox"/></p> <p>Learn how to eat well to stay well with this handout from UF Health's Integrative Medicine.</p>
<p>Spring Cleaning, Day 1: <input type="checkbox"/></p> <p>Take a Brain Dump</p>	<p>Spring Cleaning, Day 2: <input type="checkbox"/></p> <p>De-Stress your Desk</p>	<p>Spring Cleaning, Day 3: <input type="checkbox"/></p> <p>Improve your "Outlook"</p>	<p>Spring Cleaning, Day 4: <input type="checkbox"/></p> <p>Be a "Goal-getter"</p>	<p>Spring Cleaning, Day 5: <input type="checkbox"/></p> <p>Spruce Up Your Relationships</p>
<p> This week-long mini series focuses on cleaning your physical and mental space at work.</p>				
<p>Intro to meditation <input type="checkbox"/></p> <p>Learn more about free classes and apps to help you develop a regular meditation practice.</p>	<p>Get zen <input type="checkbox"/></p> <p>TUESDAYS 12:15-1:00 pm: Relax and take a breather with FREE yoga, offered at lunch time.</p>	<p>Lacking motivation? <input type="checkbox"/></p> <p>This handout features TED Talks on the science and psychology of motivation, along with inspirational quotes to get you started.</p>	<p>Unplug for your health <input type="checkbox"/></p> <p>Use these tips to learn how and why to unplug.</p>	<p>Mind-body connection <input type="checkbox"/></p> <p>Learn more with inspirational talks on the power of a smile, quick ways to increase confidence, & the impact of stress.</p>

Work on your emotional wellness for thirty days with these quick and practical handouts, videos and resources.

Get started now!

1. Pick a “start day” and complete your first activity. Activities in a light green box recur every week on that given day.
2. Work your way through the activities at your own pace and in any order. Print out the calendar and check off activities as you complete them or print a blank calendar and “schedule” which activities you will complete each day. Some activities have multiple components; feel free to break these up as you wish.
3. After you have explored at least twenty-five out of the thirty activities, you have officially completed the challenge! Congratulations!
4. Once you have completed the challenge, fill out this [survey](#) to receive your Thrive pin!

Enjoy!

Thrive!