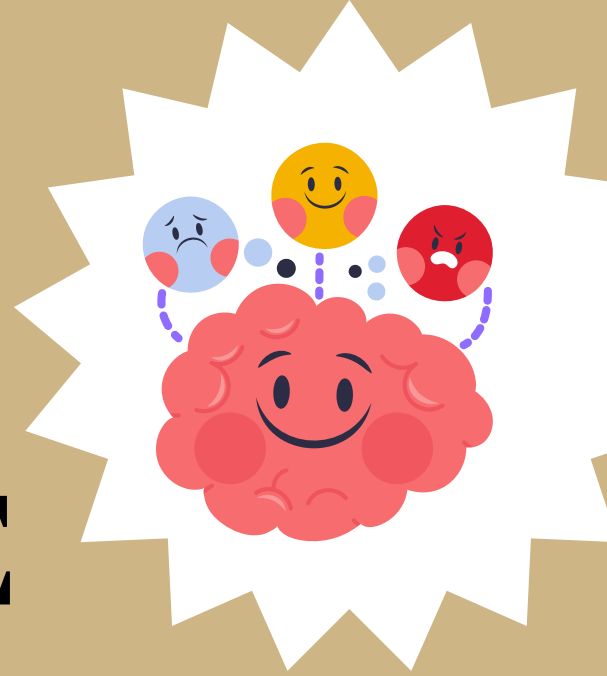


MARCH 2024

ANSCHUTZ WELLNESS CHALLENGE



This month's theme: MENTAL HEALTH

Improve your wellness and get entered into a raffle for:
(3) \$100 Amazon gift cards
(5) \$20 Amazon gift cards

1 point:

- Practice meditating
- Do a stress-relieving activity
- Practice self-love
- Download the TELUS app
- Read an article on mental health from YOU
- Go on a nature walk
- Reach out to a friend
- Write a list of things you are grateful for
- Start a morning routine
- Start a sleep routine
- Check out the CU Anschutz health and wellness center
- Take a 5 hour technology break
- Talk to a loved one about mental health

5 points:

- Attend a Student Health Promotion Committee Meeting
- Join a class at Anschutz Health and Wellness Center
- Take the MATTER self-check on YOU
- Make a mental health goal on YOU
- Use the TELUS app
- Take a day long technology break
- Sign up for CADE focus group (April 11th at
- Take a CU cooking class

10 points:

- Attend Time to Ungrind (3/5 @ 12-1pm)
- Get Opioid Overdose Response and Prevention Trained
- Attend the Mindfulness lunch and learn (3/11)
- Attend Stress Management lunch and learn (3/13)
- Walk the Mindful Mile (3/27 - 3/29)

10 points = 1 raffle ticket entry

SCAN ME



Office of Student Health Promotion
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS