



Mindful Health
Workplace Challenge



Introduction

Mental health is an important part of your overall health and well-being. Good mental health is more than the absence of mental illness and disability – it is about feeling good and being able to function effectively most of the time.¹ This means being able to cope with the normal stressors of life, work productively, form positive relationships and contribute to your community.² Good mental health is vital to overall health and the prevention of chronic diseases.³

The **Mindful Health Workplace Challenge** is a resource that helps participants become more aware of their daily health habits and empowers them to make “mindfully healthy” choices.

About the Mindful Health Challenge

Hosting a **Mindful Health Challenge** in your workplace is a great way to engage employees in activities that help them to become more mindful of their mental and physical health. It provides an opportunity for self-care with a “focus on me!” while earning points to win prizes. This resource can be customized to suit the needs and interests of your workplace.

HOW IT WORKS

To implement this challenge in your workplace, you will need to:

- Secure a budget to purchase prizes. Depending on your budget, examples of prizes can be a gift card, mug, water bottle, lunch bag or yoga mat
- Promote the program to recruit participants
- Print copies of the score sheet (*figure 1*) or have participants print their own (*page 5*); upload them on your workplace’s intranet or an online platform. You will need one score sheet per week for the duration of your challenge. You may customize the score sheets to your workplace needs.

FIGURE 1

Mindful Health Challenge Score Sheet

York Region

mindful health
I will focus on me!

INSTRUCTIONS

To participate in the Mindful Health Challenge, simply give yourself one point for every activity you accomplish each day. Tally your weekly score by adding up the total number of points for the week. **Submit your weekly points.**

Name: _____
Date: _____
Week: _____

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
I got seven hours of sleep last night								0
I disconnected from technology for 30 minutes today								0
I ate vegetables today								0
I was active for 30 minutes today								0
I was kind to myself or someone else today								0
I had breakfast today								0
I laughed today								0
I took a stretch break today								0
I scheduled "me" time today								0
I spent time with family/friend								0

CLEAR FORM **PRINT FORM**

TOTAL POINTS FOR THE WEEK

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- Instruct participants to track their daily activities that are identified and give themselves a point for each activity accomplished that day. For example, award yourself one point if you slept for seven hours last night
- Ask participants to add up their points and submit them weekly
- Award prizes accordingly. Prizes can be awarded by random draw, to the individual with the highest points, for most improved or for success stories
- For topics that you wish to highlight but are not covered on the score sheet, you may choose to add them to the challenge or offer a bonus chance to win. This could be a quiz on the topic with links to the appropriate information
- Hold a celebration at the end of the challenge to acknowledge successes

Tying up loose ends

Ask participants to complete an evaluation about their satisfaction, usage and overall comments at the end of the challenge. The feedback you get will provide valuable information about the employees' experiences with the challenge and will help inform future initiatives.

For additional information

For additional information on wellness topics such as healthy eating, early detection of cancer, physical activity, substance misuse prevention, tobacco-free living, healthy aging and workplace wellness programming, please visit **www.york.ca/workplacewellness**



REFERENCES

¹ World Health Organization [webpage online]. Geneva, Switzerland: Mental Health: strengthening our response [updated 2016]. Available from www.who.int/mediacentre/factsheets/fs220/en/

² Canadian Mental Health Association [webpage online]. Toronto, Ontario: Mental health [updated 2016]. Available from www.cmha.ca/mental-health/

³ Canadian Mental Health Association [internet]. Toronto: ON. The relationship between mental health, mental illness and chronic physical conditions; [cited 2016 Dec 2]. Available from ontario.cmha.ca/documents/the-relationship-between-mental-health-mental-illness-and-chronic-physical-conditions/



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