

TIME] *There is still a little "me" in time*

Time-for-Me Challenge

15 MINUTES OF PHYSICAL ACTIVITY REDUCES STRESS AND CAN BE ENJOYED WITH OTHERS OR ALONE.

What types of physical activity are fun for you?

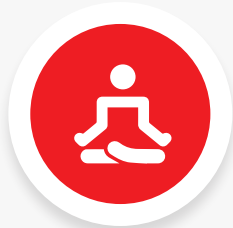
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|--------------|-------------|-------------|
| Stretch | Take a walk | Shoot hoops |
| Lift weights | 'Wall ball' | Ping pong |
| Play catch | Garden | Hula hoop |
| Play Frisbee | Dance | Jump rope |



YOU NOW HAVE 15 MINUTES OF TIME TO CONNECT WITH IMPORTANT PEOPLE IN YOUR LIFE.

Who have you been meaning to reconnect with?

- | | |
|----------------------|-------------------------------|
| Coffee with a friend | Hang out at home with partner |
| Call a friend | Read to a child |
| Play with kids | Talk with a neighbor |
| Zoom with family | Write in a journal |
| Write to a friend | Plan a meaningful celebration |



DISCOVER 15-MINUTE RELAXATION METHODS THAT ENABLE YOU TO RECHARGE.

What have you been interested in trying?

- | | |
|-------------------|--------------------------|
| Take a brief nap | Take a bath |
| Mindful breathing | Read |
| Yoga | Listen to an audio book |
| Meditation | Listen to relaxing music |
| Light candles | Enjoy a podcast |
| Beauty treatment | Get out in nature |

ENJOY 15-MINUTE ACTIVITIES THAT ARE FUN FOR YOU.

What favorite game or activity did you enjoy when you were young that you can enjoy again?

- | | |
|-------------------|--------------------|
| Crossword puzzles | Crafting |
| Sudoku | Scrapbooking |
| Wordsearch | Draw or paint |
| Play cards | Photography |
| Jigsaw puzzles | Play an instrument |
| Board games | |



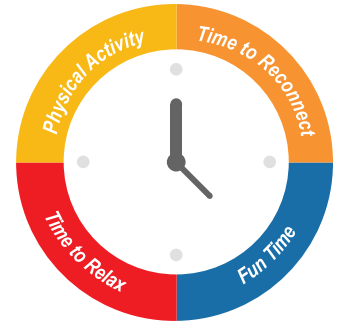
Time-for-Me Challenge



My Pledge

I pledge to make Time-for-Me on a daily basis. It's time to make room for myself to enable me to manage stress, live in the moment and enjoy Time-for-Me and Live Well.

With this pledge, I'm saying yes to 15 minutes of "me time" daily. I'm taking control of my time and will schedule 15 minutes of Time-for-Me each day.



How the Challenge Works:

Jot down some Time-for-Me activities that you can do in 15 minutes that you enjoy already or that you would like to try.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Record your Time-for-Me activities with a check mark on days that you participated in a Time-for-Me activity, and for days you did not, leave blank.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| WEEK 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Note: Time-for-Me does NOT include chores or doing things for others. The idea is to take a break from the busyness of life to recharge daily. The reward you will gain is reducing stress while reclaiming Time-for-Me.