



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov

September

Boost your energy.

s	m	t	w	t	f	s
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Holiday

In 2020, participate in THE THREE every day by doing the following:

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting September 20th.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov/.
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



WellNYS
Everyday

September WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

Please do your part: stay six feet apart, wear a mask, and wash your hands.

- 1 ☐ The Monthly Challenge for September is to boost your energy. Register for the Monthly Challenge at wellnys.goer.ny.gov
- 2 ☐ Wind Down Wednesday: Do you want to boost your energy tomorrow? Remember to take time to wind down before bed tonight. You will sleep better and have more energy tomorrow.
- 3 ☐ Here are nine tips for boosting your energy naturally: control your stress, lighten your load, exercise, avoid smoking, restrict your sleep if you sleep too much, eat for energy, use caffeine to your advantage, and limit alcohol. health.harvard.edu/energy-and-fatigue/9-tips-to-boost-your-energy-naturally
- 4 ☐ It's 4:00 PM, and you are starting to feel tired and drained. One way to prevent this fatigue is to eat fresh fruits and vegetables and whole grains throughout the day to stabilize your sugar level and energy.
- 5 ☐ Try a new way to boost your energy today. Send a friend a text or give a friend a quick call. Taking a few minutes to socialize can help you feel more awake and connected.
- 6 ☐ A fun way to boost your energy is to put your favorite upbeat song on and just dance.
- 7 ☐ When you feel overwhelmed, take a step back and take a few deep breaths. This can help you regain your energy.
- 8 ☐ Are you feeling the afternoon slump? Stand up and walk around for a few minutes. Or, do a few stretches. Physical activity increases your energy.
- 9 ☐ Can't seem to really wake up? Try brushing and flossing your teeth. You'll be surprised how much this can improve your energy.
- 10 ☐ Feeling sleepy? Try chewing a piece of gum to wake up your taste buds and your mind.
- 11 ☐ How is your posture right now? Odds are that you're slouching. Today, choose to be more mindful of your posture to improve your energy level and concentration.
- 12 ☐ Tired eyes? Look away! The blue light from your computer and phone can lead to fatigue, tired eyes, and headaches. Every 20 minutes or so, look away from your screen for about 20 seconds to give your body a quick reset.
- 13 ☐ Stress can zap your energy. Consider downloading a free mindfulness app or listen to a guided meditation to help manage stress.
- 14 ☐ Compassion fatigue and burnout are real. Remember to take time for yourself today.
- 15 ☐ Reach out to your wellness partner today and ask what he or she likes to do for a boost of energy?
- 16 ☐ Walking is a great way to obtain physical and mental health benefits, and it provides instant energy. Schedule a walk with your wellness partner today!
- 17 ☐ Do you have a nighttime routine? Try to stick to a sleep schedule to improve your sleep and give you more energy during the day.
- 18 ☐ Caffeine does help increase your energy level, but did you know you can overdose? Check out the following article: poison.org/articles/2013-dec/caffeine
- 19 ☐ Sip, sip, hooray, it's Saturday! Boost your energy by staying hydrated with a refreshing fruit-flavored seltzer water.

GO BEYOND THE CHALLENGE

- 20 ☐ Schedule some "me" time this Sunday – a nap, a dog walk, a hot bath, or watch a funny movie to boost your energy.
- 21 ☐ A quick power nap may be just what you need to boost your energy. Set your alarm for 15 minutes and close your eyes.
- 22 ☐ It takes two to tango. This Tuesday, boost your mood and energy by trying a free, online "how-to tango" video!
- 23 ☐ Watch your Energy Wednesday: feeling sleepy after a meal? Foods that keep your blood sugar (and energy levels) stable throughout the day will help you avoid that sleepy feeling. Try an apple with peanut butter or whole wheat crackers with hummus!
- 24 ☐ It's Thoughtful Thursday. Check-in with your wellness partner. Ask how his or her energy has been this month? Share tips and tricks with one another.
- 25 ☐ Fight fatigue with physical activity this Friday: Did you know that moving throughout the day can improve your energy and mood? Learn more here: diet.mayoclinic.org/diet/move/feeling-tired-physical-activity?nl_key=nl_mayo_clinic_diet
- 26 ☐ Saturday Stretch: Try stretching for better flexibility and an energy boost. Learn more here: mondaycampaigns.org/move-it-monday/stretch-your-way-to-better-flexibility
- 27 ☐ Have you heard of Headspace? It's a free meditation app that features a set of meditations and relaxation music designed for New Yorkers to use during the pandemic. Check it out here: headspace.com/ny
- 28 ☐ Mindful Monday Mile: De-stress and re-focus by taking a few moments today to concentrate on your walking and your breathing. Learn more about mindful walking here: mondaycampaigns.org/move-it-monday/three-simple-steps-for-mindful-walking-on-monday
- 29 ☐ Check out these energy-boosting workplace tips from the CDC: cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf#page=9
- 30 ☐ Today is the last day of September. Go to the WellNYS Everyday website at wellnys.goer.ny.gov and check off the days you participated in the Monthly Challenge.

Number of days completed