

# 20 Minutes a Day for You Challenge

Stress can negatively affect your mental and physical health in so many ways. This challenge is encouraging you to take 20 minutes each day for yourself to help you unwind and deal with some of that stress before it impacts your health.

## Ideas for Dealing with Stress:

- Take a hike, walk, or bike ride
  - Read
  - Meditate
  - Journal
- Listen to music
- Play an instrument
  - Yoga
- Paint, draw, or color

Pick your preferred way(s) of dealing with stress. You do not have to pick the same activity each day.



START DATE: Wednesday, July 8

END DATE: Wednesday, September 23

LOG SHEET DUE: Monday, September 28

All who meet their goal of taking at least 20 minutes a day for themselves for at least 70 of the 78 days and be entered into a Prize Drawing!

**REGISTER NOW:** Click [HERE](#) to Register for the Challenge OR contact Sarah Williams at (704) 832-2329 or [swilliams@co.iredell.nc.us](mailto:swilliams@co.iredell.nc.us)



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## What is the “20 Minutes a Day for You” Challenge?

### How Does the 20 Minutes a Day for You Challenge Work?

Find 20 minutes for yourself each day. It may be at a different time of day each day, but find some time for yourself each day. During that time, pick an activity to help yourself unwind and de-stress. You don't have to pick one of the activities listed, but some examples of ideas to help you unwind include:

- Taking a hike, walk, or going for a bike ride
- Reading
- Meditating
- Journaling
- Listening to music
- Playing an instrument
- Yoga
- Painting, coloring, or drawing

You do not have to pick the same activity each day, but if you choose to it can help give you something to look forward to each day.

Each day that you are successful in taking 20 minutes for you, put a checkmark on the calendar that will be sent to you to record your progress.

At the end of the challenge, count up the total number of checkmarks on your log sheet. Turn in your log sheet to Sarah Williams (swilliams@co.iredell.nc.us or through the interdepartmental mail). **Tracking logs must be turned in by Monday, September 28.**

**Prizes:** At the end of the challenge, prizes will be given out to 30 people who were successful in their goal for the most days. In the event of a tie, names will be drawn to determine the winners.

*If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call Sarah Williams at (704) 832-2329 and I will work with you to develop another way to qualify for the reward.*