

The Human Resource Department's WellnessWorks Program invites you to participate in our new Wellbeing Challenge

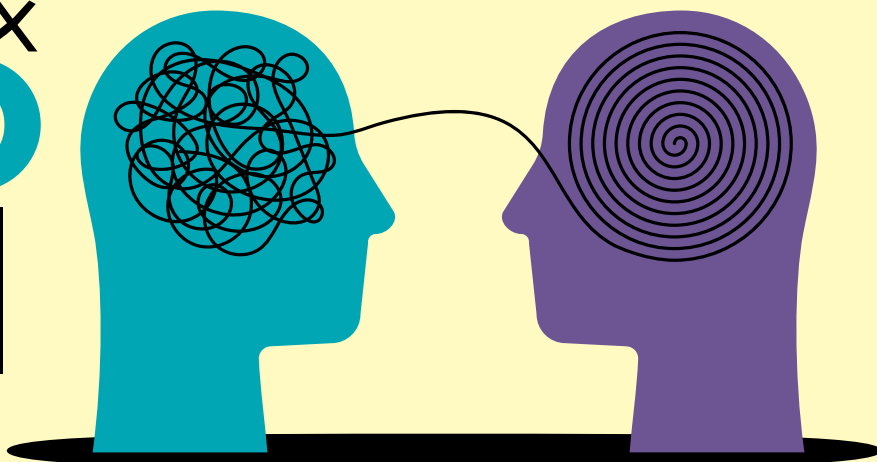
MAY IS MENTAL HEALTH  
AWARENESS MONTH!



# MIND & MOOD

## WELLBEING CHALLENGE

### Practicing Stress Management



Mind your mood and check in on yourself daily with the Wellbeing challenge. Emotional wellness is showing yourself care and kindness, as you recognize and experience a wide range of emotional stressors in your personal and professional life.

REGISTRATION STARTS

April 24, 2023

START DATE

May 1, 2023

END DATE

May 30, 2023

#### TO ENROLL

AvMed members visit [HealthyRoads.com](https://www.healthyroads.com)

- Select “Challenges”
- Click “Mind and Mood”

#### FOR MORE INFO

Contact [WellnessWorks@miamidade.gov](mailto:WellnessWorks@miamidade.gov)

#### CLICK ON OR VISIT THE LINKS BELOW TO FIND ACTIVITY CONTENT

\*WellTalk Virtual Breaks: <https://www.miamidade.gov/humanresources/library/welltalks-calendar.pdf>

\*\*Emotional Wellness Videos: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1607616206220147](https://www.miamidade.gov/global/service.page?Mduid_service=ser1607616206220147)

#### THE CHALLENGE

Complete one of three stress management activities and log them for at least 20 days to earn 100 points to complete the challenge!

| ACTIVITIES                               | Points | Max Pts | Frequency |
|--|--------|---------|-----------|
| Meditate for 5 minutes/day               | 5      | 140     | Daily     |
| Participate in a WellTalk Virtual Break* | 5      | 140     | Daily     |
| Watch an Emotional Wellness Video**      | 5      | 140     | Daily     |

Total Possible Points/Goal: 420/100

#### REWARD

Upon completion of the challenge, you will receive 25 WellnessWorks Incentive Points.

Presented by the Human Resources Department's Benefits and Employee Support Services Division



To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact [Myra.Marlow@miamidade.gov](mailto:Myra.Marlow@miamidade.gov) five days in advance to initiate your request. TTY users may also use the Florida Relay Service by calling 711.