

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

MIND & MOOD

Practicing Stress Management

WELLBEING CHALLENGE

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.



MAY IS MENTAL HEALTH AWARENESS MONTH



REGISTRATION STARTS

April 22, 2024

CHALLENGE RUNS

May 6 - June 1, 2024

TO ENROLL

AvMed members visit HealthyRoads.com

- Select "Challenges"
- Click "Mind and Mood – Practice Stress Management Wellbeing Challenge"

REWARD

Upon completion of the challenge, you will receive 25 WellnessWorks Incentive Points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the \$250 wellness rewards (subject to payroll taxes.)

FOR MORE INFO Contact WellnessWorks@miamidade.gov

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

Goal: 100 Points Maximum Possible Points: 420

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

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



To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).