

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

MIND & MOOD

PRACTICING STRESS MANAGEMENT



Wellbeing Challenge

STRESS is your body's alert that attention is needed to certain areas of your life that may include work, home, and personal life situations. Check in on your emotional health in the month of September daily with the Wellbeing challenge. Although life has its ups and downs, be in tune with your mind and mood.

Registration Starts
August 26, 2024
Challenge Runs
September 9 - October 5

To Enroll

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

Earn 100 credits by completing at least one activity for 20 days during the month of September:

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).