

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

# MIND & MOOD

## WELLBEING CHALLENGE

Busy life, busy mind, keep on top of your emotional health with the Mind and Mood Wellbeing Challenge! When life throws you stressors, approach it with one emotional health check in at a time daily during the month of September.



### REGISTRATION STARTS

August 28, 2023

### START DATE

September 4

### END DATE

September 30

### TO ENROLL

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

■ Select “Challenges”

■ Click “Mind and Mood – Wellbeing Challenge”

### FOR MORE INFO

Contact [WellnessWorks@miamidade.gov](mailto: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

Total Possible Points/Goal: 420/100

### 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.)

### 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)

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 five days in advance to initiate your request. TTY users may also use the Florida Relay Service by calling 711.