

Name: _____
School/Department: _____

Making the Grade on Mental Wellness

ACPS Spring Challenge
March 2018

Please return to your Wellness
Champion by **Friday, April 6**



Instructions: Write in a grade for each day according to the wellness guidelines on the back of this sheet.

	1	2	3	4	5	6	7
Week 1							
Week 2	8	9	10	11	12	13	14
Week 3	15	16	17	18	19	20	21

Grading Cheat Sheet (more info on back):

Give yourself an "A" if you're able to engage in 3 or more wellness practices each day, a "B" for two or more, and a "C" for one or less.

Wellness Practices:

- Bedtime Ritual
- 10-Minute Stretch
- Meditation
- Hobby
- Deep Breathing Exercises
- Physical Activity
- Outside Time
- Screen-Free
- Volunteer
- De-clutter a favorite space

Using the standard formula of A=4, B=3, and C=2, add up all of your grades and calculate a total number and divide it by days (21). The resulting number should be placed below.



Grade Point Average Earned:

Name: _____
 School/Department: _____

We invite you to engage in as many of the below healthy habits as possible between March 1 & March 21. Please give yourself the following grades on the individual days when you are able to engage in these endeavors:

- 3 or more in a day** = **A**
- 2 in a day** = **B**
- 0 or 1 in a day** = **C**

Wellness Activity/Behavior	Here's Why You Should Do It!
Create and enact a bedtime ritual*	If you have trouble falling asleep, your body may be too wired. Turn off the screens an hour before bed (they reduce sleep-inducing melatonin) and try a wind-down bath, book, or herbal tea ritual.
Spend 10 minutes stretching your muscles*	Can't touch your toes? Try daily stretches to increase flexibility, prevent exercise-related injuries, and get blood flowing to your muscles. About 10 minutes should do the trick.
Download a meditation app & use it*	Find your bliss! That mental calm and focus can help your body too, reducing stress hormones and even lowering blood pressure. Sample apps: Calm, Insight Timer, Aura, or Stop, Breathe & Think
Spend 30+ minutes engaging in a favorite hobby**	Hobbies promote eustress. Eustress is that positive kind of stress, the kind that makes you feel excited about what you're doing and about life.
Engage in a relaxing deep-breathing exercise***	When you breathe deeply and you are relaxed, fresh oxygen pours into every cell in the body. This increases the functionality of every system in the body. You will also notice improved mental concentration and physical stamina.
Perform 30+ minutes of physical activity*	Couch potatoes, rejoice! Just 30 minutes of daily exercise is good for keeping the pounds off and making your heart stronger and healthier.
Be outside for 15+ consecutive minutes****	Among other benefits, spending more time outside can help you optimize your vitamin D levels and promotes wellness and healing.
Be screen-free (no phone, TV, or computer) from 6 p.m. until bedtime*	That blue glow from TVs and computer screens keeps you awake by suppressing melatonin, the sleep hormone.
Volunteer for an activity/cause in your community or school*	Helping others can benefit you more than you think. Regular volunteering can boost self-esteem, help you meet new people, and reduce your risk of depression.
Spend 10+ minutes de-cluttering a space in your home, office, or classroom*	A tidy space can work wonders for your mood and productivity. Take time to chip away at the piles on your desk so you can find things when you need them.

*Taken from Optum's Rally Missions 2017

**Taken from positivelypresent.com

***Taken from livingthenourishedlife.com

****Taken from fitness.mercola.com

-----PRIZES-----

--Schools/locations with both the highest combined GPA and greatest percentage of participation will win a prize.

--All participants who maintain a "B" average or better will be entered into a raffle for various prizes.