

Wellness Rewards Challenge: 15 Minutes to a Better You

15 Minutes to a Better You is a four week challenge designed to encourage taking 15 minutes each day to engage in healthy stress management activities. Participants award themselves one point for each day they spend at least 15 minutes doing any of the following stress management activities:

- Meditation
- Physical activity
- Massage
- Journaling
- Yoga and other stretching exercises

The goal is to reach 20 points by the end of the challenge.