

Good Morning everyone,

Our department will be participating in Well-U's *Self-care* wellness challenge from _____ date range _____ !

Self-care Necessities

Make time for you to win prizes, decrease your stress, and build healthy habits! Anyone who signs up for this challenge will receive a Well-U interactive magnet to help focus on daily self-care activities and a journal.



Here's how it works:

- Reply to this email to participate and receive your starter kit.
- On the start date, using the magnet, choose what *Self-care* activity you would like to complete and once done, write down what activity you completed on the Well-U *Self-care* record keeping card.
- Once the challenge period is over, you'll send your record keeping card total number of days or the card itself to _____ name of organizer _____. Its' that simple!
- Prizes will be awarded to three individuals on _____ date _____ and will include a variety of exciting and fun surprises!



Sign on for *Self-care*

To participate in our department's Well-U Self-care wellness challenge, respond to this email by _____ date _____, then start your self-care by recording your activity the morning of _____ date _____!
All University of Rochester employees can participate.

What If I've got time off?

You can still join! Just be sure to track your self-care activities and submit your number to _____ name of organizer _____ on the _____ date _____.

Reply to this email to let me know if you are interested in participating! Find other support resources on the [Well-U website](#).