



ChallengeME MONTHLY MINUTE





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Monthly topic:


Changes and Challenges

This new year, fill your resolution list with easy, good-for-you goals. Focus on lifestyle changes, mental health, your sleep routine, or simple things that can reduce stress (like cleaning your closet!). Try to put yourself first and focus on your needs for a better year.

1. Build a budget - As things return to "normal" make sure you're on track financially to support these changes.
2. Cook something new each week - It's the perfect time to try new foods. Try one new thing each week and add some variety to your diet.
3. Read more books - January is the perfect time of year to snuggle up with a new book. Create a Goodreads account and keep track of what you've read so next year you'll have a snapshot of how well you accomplished this goal.
4. Create a cleaning schedule you'll stick to - Doing a few small things throughout the week can make sure that cleaning doesn't take up endless hours of time on the weekends anymore. 
5. Become a plant owner - Research shows that just the presence of indoor plants can lower stress levels, and caring for plants can calm the autonomic nervous system and lower blood pressure. 

Say Goodbye to Winter Blues

Things are starting to take a turn for the better, but even so, we still need to get through this winter. In addition to working hard to keep others safe, make sure you're taking the time to focus on your own wellbeing and happiness. Here's a few tips to help you beat the winter blues.

1. Stay close to the windows - Even in frigid weather, sunlight is crucial to regulate your mood throughout the day. Sunlight can help regulate our circadian rhythms, which directly impacts how productive we are as well. If you can't find natural light at home, consider investing in a few supercharged lights for indoor living. 
2. Compliment yourself - Positive self-talk can help you focus on what's good in your life. Repeat after me: "Today is my day. I'm thankful for me!"
3. Make your home more fragrant - Smell is associated with the parts of the brain that process emotion and store memories, and certain aromas can affect mood. Vanilla can make you more relaxed and joyful, peppermint can boost energy, and lavender can help zap stress!

What is Virgin Pulse?

Virgin Pulse is a total employee wellbeing solution that drives sustainable, long-term behavior change and strengthens workforce cultures by providing daily engagement tools, personalized micro-learning, and targeted communications.

Build healthy habits, get tips and tricks for meeting your goals, and create healthy challenges with your coworkers and family! Join today!

Join Virgin Pulse!

join.virginpulse.com/stateofmainedot

Upcoming Virtual Events

Sign up for a virtual running challenge, like the 2021 Challenge! A virtual run, walk, or bike event, challenging you to move 2,021 miles in 2021! <https://www.virtualrunseries.com/2021-challenge>

Sign up for free virtual trivia with the North Carolina Museum of Natural Sciences every Tuesday at 6pm <https://www.facebook.com/events/782389192605401/>

Try the Monthly Wellness Wednesday: An Hour for You & Your Wellbeing <https://tinyurl.com/y8ru8ugy>

Find more events on Eventbrite: <https://tinyurl.com/ydg4ga2r>



Coming Up February: Heart Health

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov