

JOIN US FOR
**WELLNESS
WEEK**
OCTOBER 1ST TO 7TH!

VISIT WELLNESSNB.CA
TO FIND AN EVENT NEAR YOU!

THE wellness MOVEMENT



**COMMUNITY
CHALLENGE**

2021

Pick one activity from each column. Do them on your own or with family and friends. They can be fun for all ages. Remember to follow the public health guidelines and stay safe.

Circle the activity you have completed from each column and submit the completed form with your contact information, and submit it at villageofrexton@nb.aibn.com, or drop it off at the Village office at 82 Main Street by **October 8th** to be eligible for a prize draw.

PHYSICAL wellness	MENTAL Wellness	Community CONNECTEDNESS	SOCIAL Wellness	SPIRITUAL Wellness
<p>Get a good night's sleep.</p> <p>Pick a song to wash your hands to.</p> <p>Try a new physical activity.</p> <p>Prepare & share a favourite meal.</p> <p>FREE CHOICE <i>Do any activity to take care of your physical wellness!</i></p>	<p>Take a digital break from your phone and TV.</p> <p>Take a mindful moment.</p> <p>Listen to uplifting music.</p> <p>FREE CHOICE <i>Do any activity to take care of your mind and emotional wellness.</i></p> <p><i>Build self-care into your day:</i> -Play a game -Breath deeply -Take a bath -Go for a walk -Cuddle your pet</p>	<p>Connect with a community: -Sport Team -Church Group -Volunteer Group</p> <p>Explore arts & culture online.</p> <p>Learn how to say a few words in a new language.</p> <p>Tour a new area of the village.</p> <p>FREE CHOICE <i>Do any activity to feel more connected to community.</i></p>	<p>Check-in with someone you've been thinking about.</p> <p>FREE CHOICE <i>Do any activity to take care of your relationships.</i></p> <p>Learn a new skill as a family like household chore, craft, cooking, etc.</p> <p>Make a short video.</p> <p>Celebrate a personal or community milestone.</p>	<p>FREE CHOICE <i>Do any activity to connect you to something greater than yourself.</i></p> <p>Express gratitude to someone that you rely on in the community: -1st Responded -Health Care Workers</p> <p>Offer to help out in your community.</p> <p>Connect with nature.</p> <p>Take time to be creative: -Take a picture -Write a story -Play an instrument</p>

Name _____ Telephone _____ Email _____