Participant Instructions

Everyone knows that eating smart and exercising regularly are keys to looking and feeling our best, but did you know that our mental and emotional diets have just as great of an effect on our energy levels? During this challenge, you will learn new techniques to reduce stressors and increase energy levels so you can Revive and Thrive!

Goal 1: Mindfulness Mantra

Did you know your brain, like other muscles, responds to training? This week’s goal is to train your brain with a mindfulness mantra. Create a mindfulness mantra and write it down on your participation log. Say this mantra out loud when you sense yourself becoming overwhelmed or anxious. After some practice, simply repeating your mindfulness mantra will help you relax. Mark an X on your log sheet for each day your practice your mindfulness mantra. Examples of mindfulness mantras are “There’s no rush. Slow down, Breathe.” “Keep it simple” “Do one thing at a time” “Let today happen”.

Goal 2: Fuel up with Food

We’re all familiar with comfort foods, those go-to foods we treat ourselves with when we’re having a bad day. Comfort foods prompt the brain to release serotonin, a “feel good hormone” but typically, comfort foods like macaroni and cheese and chocolate cake are high in fat and sugar. This week’s goal is to incorporate healthy comfort foods into your diet like complex carbohydrates, nuts, and green tea. Mark an X on your participation log for each day this week you consume one serving of Healthy Comfort Foods like: oatmeal, whole grain breads, oranges, green leafy vegetables, nuts, avocados or green tea.
**Goal 3: Taking 5**

Between deadlines, meetings, family, and other obligations we often forget the importance of breathing. Taking a break to focus on your breath has a significant impact. This week’s goal is to take a few minutes every day to breathe. Sit quietly with your eyes closed. Inhale slowly for 5 seconds, hold your breath for 5 seconds, and the exhale slowly for 5 seconds. Practice 5 of these breathes and notice how your heart rate slows. Place an X on your participant log for every day this week that you practice “Taking 5.”

**Goal 4: Soothe and Move**

Exercise not only does a body good, it also pumps up endorphins and improves your mood. This week, pick an activity that you enjoy and practice it for 30 minutes every day. Place an X on your log for every day you practice your “Soothe and Move” activity.
**CHALLENGE LOG**

**Instructions:**

1. Post this record sheet where you will see it daily (bathroom, kitchen, bedroom, etc.)

2. Record the number of days you practice the Revive and Thrive weekly technique by putting an “X” in the corresponding box for those days. At the end of the month, total the number X’s on your calendar and enter your total at the bottom of your log.

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<th>Goal</th>
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**Total number of X’s for the month:** ________________________________________

**Name:** ____________________________________________________________