

Health & Wellness.

Discover new lessons every day which can be completed in around 5-10 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Challenge starts tomorrow!



[The Power of Attitude](#)
(4m 55s)

[Assessing Your Energy](#)
(1m 55s)

[Well-Being Is Priority](#)
(3m 31s)

Activity:
Aim to drink eight 8oz glasses of water over the course of the day

[Introduction to Focused Breathing](#)
(3m 43s)

[How to Prevent Employee Burnout](#)
(3m 42s)

[How Is Your Well-Being?](#)
(4m 9s)

[The Art of Letting Go](#)
(2m)

[Manage Your Energy](#)
(3m 11s)

Activity:
Block off two 5-minute breaks in your calendar next week for a mid-day stretch or a walk outside

[Working Through Anxiety](#)
(3m 46s)

[Recognizing Passions](#)
(2m 54s)

[Invert How You Think:
The Path of Least Effort](#)
(3m 21s)

[Staying Strong in Mind and Body](#)
(3m 22s)

Reflection:
What were your biggest takeaways from the Health & Wellness challenge?