**Health and Wellness Challenge Ideas**

* Go outside and spend time in nature (while social distancing)
* Pick one person and send them a picture of something that makes you smile
* Spend 20 minutes walking outside/indoor treadmill, attend a virtual yoga class, or meditate
* Cook something you’ve never tried before (using ingredients already in your home)
* Pick one person and send them your favorite inspirational quote
* Review Right’s LinkedIn #MotivationalMonday post and add a comment with your favorite quote
* Eat 3 cups of vegetables in one day
* Listen to 30 minutes of music uninterrupted
* Complete 1 physical activity for 30 minutes. Ideas include, but not limited to, walking, running, yoga, bike riding, swimming, etc!
* Write down everything that went well for the week, minimum of 5 items

Ten Relaxation Techniques to Reduce Stress

<https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1>