



January

Positivity

Challenge

How to Play:

GOAL: The 2021 Live Long Lenoir Positivity Challenge is an initiative that will challenge you to focus on renewing your spirit, cultivating a higher level of mindfulness (awareness), and embracing positivity and sharing it with others. Join us as we start 2021 with renewed hope and positivity to impact our personal lives and the lives of our family, friends and neighborhoods.

Sign Up & Registration:

-  **Tuesday, December 22nd @ 12-12:30pm** at UNC Lenoir Health Care at the Wellness Center Carport Canopy.
-  **Tuesday, December 29th @ 5-5:30pm** at UNC Lenoir Health Care at the Wellness Center Carport Canopy
-  **ONLINE!** You may register anytime by logging on to livelonglenoir.org or messaging the *Minges Wellness Center Facebook page*.

1. Challenge *begins* **Sunday, January 3rd** and *ends* **Saturday, January 30th**.
2. How to use your calendar log: Each week in January, we will provide a weekly challenge to RENEW your mind, body, and spirit for 2021. Focus on ***YOU*** in 2021 while having fun! After completing each weekly challenge you will be awarded a corresponding letter.

For example, by completing the challenge for Week 1, place a check mark on the day you completed each piece of the weekly challenge. Then, if you completed the entire weekly challenge be sure to check off the blue box at the end of each week. The objective is to complete each challenge and collect each letter to spell the word "RENEW" by the end of January.

3. Submitting your calendar log:
 -  **Monday, February 1st @ 11:30am-12:00pm** or **Tuesday, February 2nd @ 5:00pm-5:30pm** at the Wellness Center Carport Canopy.
 -  **Online by February 2nd** by submitting your calendar log to kajones@lenoir.org or the Minges Wellness Center Facebook page **by 6:00pm**.
4. Winner will be announced **Tuesday, February 9th**!

Participants: If you can complete the full acronym "**RENEW**" by the end of the Live Long Lenoir January Challenge your name will be entered to a **FREE PRIZE!**

See next page for Weekly Challenge

Weekly Challenge

Week 1 (January 3rd – January 9th) R E

R- Refresh your spirit by incorporating 4 acts of [mindfulness](#) in your week. Use the list of mindfulness items to guide your journey to refreshment. After completing each of the 4 acts of mindfulness, write the item number on the calendar day you completed the act. At the end of the week, if you achieved 4 acts, check off the box beside this week's challenge, "[R E](#)"

E – Energize yourself by doing 3 things to lessen your [stress](#) level. You can use the list provided to find ways to reduce stress. Remember, place the item number from the "Stress" list on your calendar and at the end of the week, if you completed 3 things to reduce your stress, check off the box beside "[R E](#)"

Week 2 (January 10th – January 16th) N

N- Nurture your focus! Think about what you are thinking about! Train your brain to seek positivity this week by generating positive thoughts (even, when chaos happens!). Check out the list of ways to be [mindful](#) to complete this week's challenge, choose at least 4! Check off the letter "**N**" if you completed Week 2 Challenge!

Week 3 (January 17th – January 23rd) E

E- Erase your stress! Refer back to the list of "[Stress](#)" and choose 4 items to reduce your stress this week. Again, after completing these four times, place each item number on the day it was completed. If, at the end of the week you completed 4 ways of reducing stress, check off the "[E](#)" at the end of January 17th- January 23rd week!

Week 4 (January 24th – January 30th) W

W- Wind the month down by incorporating two of the [mindfulness](#) tips from the list during this week to keep the focus on renewed energy and growth for 2021! By completing these 4 acts of mindfulness, you should place a check at the end of this week beside "[W](#)."

See next page for a complete list of ways to "Stress-less" and be "Mindful."

STRESS-LESS LIST

MINDFULNESS LIST

1. When you are stressed, **S.T.O.P-** Stop what you are doing, Take a few deep breaths, **O**bserve your experience (thoughts feelings, bodily sensations) and **P**roceed with something that will help you in that moment)
2. Plan out time for morning devotional/meditation time.
3. Do something pleasurable like reading or gardening.
4. Take 15-20 minutes every day to sit quietly and reflect.
5. Exercise regularly- it is recommended that you exercise 150 minutes each week.
6. Get enough rest and sleep.
7. Make art: draw, color, paint or play a musical instrument.
8. Work on a scrapbook or photo album to focus on good memories.
9. Meet a friend for coffee or a meal.
10. Play a favorite sport.
11. Do a hobby like sewing, making jewelry or knitting.
12. Play with your kids or pets.
13. Listen to music or watch an inspiring performance.
14. Take a relaxing bath and feel the stress wash away.
15. Meditate or practice yoga.
16. Work in a garden or do a home improvement project.
17. Go for a run, walk or bike ride to clear your head.
18. Listen to your favorite podcast
19. Create a vision board
20. Avoid toxic people.
21. *Peel an orange- specific scents –citrus in particular- can lower stress and anxiety levels*
22. Sing it out-singing has been shown to increase the feel good chemicals- dopamine, oxytocin and endorphins while lowering the stress hormone cortisol.
23. Do something kind for someone that you do not know
24. Stop smoking
25. Count your blessings
26. Make your bedroom a sanctuary
27. Try aromatherapy
28. Laugh- laughing releases dopamine and improves your mood.
30. Try yoga

1. Spotlight someone special
2. Perform an act of kindness (example: hold the door for a stranger, take dinner to a shut-in neighbor)
3. Volunteer (Mary's Soup Kitchen could always use a hand, 252-523-1013)
4. Make gratitude part of your routine
5. Turn Instagram into a visual gratitude diary
6. Create a gratitude jar or board
7. Make a list of ten things that you are thankful for today
8. Work on focusing on your breathing (Breathe in through your nose, breathe out through your mouth)
9. Take 10 minutes to do nothing and give your brain a "timeout"
10. Forgive
11. Limit technology (Put down your phone today...set aside one hour of your day without phone time)
12. Shift your attitude for example instead of thinking, "I can't", think "yes I can and will".
13. Remind yourself that you are in control
14. Keep a daily journal. Journaling provides an outlet to purge all of your thoughts and fears.
15. Repeat a positive affirmation (examples: "I am strong," "I am important," "I am kind.")
16. Really listen to people without judgement
17. Get back to nature- take a hike or spend more time outside
18. Create a "calm" corner
19. Expand your knowledge- take an online class, research something you are interested such as history, sports, a new hobby
20. Listen to music
21. Turn off your phone- Disconnect from all screens for the first and last hour of each day which helps to feed creative thoughts and awareness to generate an inward focus.
22. Be consciously present at work
23. Categorize tasks- focus on things that need to be done now.
24. Use reminders and alerts- set appointments with yourself
25. Accept what you cannot change
26. Think growth in everything
27. Take a sensory pause- when you feel stressed or disconnected with yourself notice the following in your surroundings: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste
29. Eat mindfully- before eating look at your food, notice it, and smell it.
30. Don't feel that you need to fill up all your time with doing.