

Growing from Stress and Burnout to Resilience: Activity Points Reward Card



- ☒ **Earn 5 points per wellness activity** by engaging with the resources & participating. Scan the QR code to get started →
- ☒ Log your progress in WellSteps and **earn up to 60 points**



Stress Less: Learn techniques to prevent, manage, and ease stress

- ☐ **Box Breathing:** Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat for 1–3 minutes.
- ☐ **8 hugs for 8 seconds:** Get 8 consensual hugs a day for 8 seconds.
- ☐ **Laughter Reset:** Watch or do something silly—or try laughter yoga.
- ☐ **Physiological Sigh:** Deep inhale through the nose, then take a second, shorter inhale. Exhale slowly and completely through the mouth.

Banish Burnout: Find relief, restore balance, and reclaim energy

- ☐ **End-of-work ritual:** Establish and practice a routine to close out your day and disconnect from work.
- ☐ **NSDR (Non-Sleep Deep Rest):** Try a short guided NSDR session to recharge your brain and body.
- ☐ **Take the Burnout Self-Assessment:** Take a moment to spot signs of burnout and choose one symptom to start easing today.
- ☐ **Set One Kind Boundary:** Reflect on where you need more space. Practice saying “no” or “not right now”.

Build Resilience: Adapt, recover, and grow through adversity

- ☐ **Cold Water Exposure:** Immerse in cold water submerging the body up to the neck, including feet and hands for 1-3 minutes. (Review safety precautions)
- ☐ **Values Alignment Check-In:** Reflect on your top 3 values. Are your current habits aligned with them? Make a plan to prioritize your values.
- ☐ **Self-Compassion Practice:** Focus on the present, self-kindness, and recognizing your experiences.
- ☐ **Leisure Activity:** Enjoy a recreational activity to boost your mental health and happiness.

Growing from Stress and Burnout to Resilience: Events & Resources



Take a breather and kick off summer with Employee Wellness! Recharge with workshops, activities, and resources designed to help you build resilience, manage stress, and prevent burnout.

Virtual Workshops—watch live or recorded (5-10 points each)

- ☐ **Stress Less & Raise Resilience Workshop:** Thursday, June 5, 12:30pm
- ☐ **Strike a Pose: Power Poses:** Monday, June 9, 10:00am
- ☐ **Walking Wednesday:** Wednesday, June 11, 12:00pm
- ☐ **Banish Burnout Workshop:** Thursday, June 12, 12:30pm
- ☐ **Live Mindful Moment:** Monday, June 23, 10:00am

In-Person Activities (20 points each)

- ☐ **Evening Sound Bath:** Tuesday, June 10, 5:30pm @ Wheeler Farm
- ☐ **Therapy Animals:** Wednesday, June 18, 12:00pm @ Government Center
- ☐ **Labyrinth Walk and Trash Clean-up:** Thursday, June 26, 5:30pm @ Jordan River Peace Labyrinth

Resources (5-10 points each)

- ☐ **June Wellcasts:** "Roadmap to Resilience" and "Resilience at Work"
- ☐ **June Health Hub:** "Adapting to Adversity"

Register for
workshops
and activities



Explore
resources



Access the
Activity Points
Reward Card

