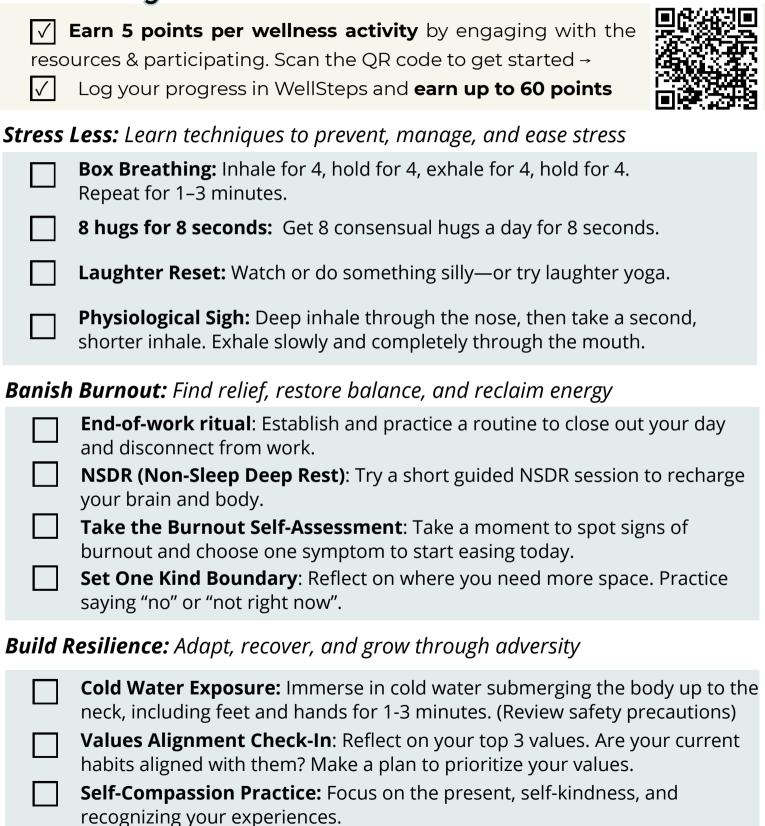
# Growing from Stress and Burnout to Resilience: Activity Points Reward Card



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 Worksh	ops—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

