

Nurture Your Passion: *Hobbies Heal the Mind*

During the month of October, the Wellness Committee is challenging you to identify and engage in 3 hobbies that bring you joy and contribute towards improved mental health.

My hobbies

List 3 hobbies you plan to engage in and track for this challenge:

1. _____
2. _____
3. _____



Challenge Guidelines

- Throughout October, participate in the three hobbies you listed
 - Record which activities you did on specific dates using the tracker on the back of this sheet
 - To qualify for a chance to win a prize, you need to have 18 days out of the month where you engaged in one of your three chosen hobbies
 - Prizes include one \$150 Visa Gift Card and four \$50 Visa Gift Cards
 - Submit this form to HR by November 8th
-

Reflection

At the end of the month, please answer the questions below:

Did you find that engaging in your hobbies has positively impacted your mental health? Do you plan to take actions to integrate these activities into your daily life?

Name: _____ Building: VC WV TM WT

October Hobby Tracker

Participate in one or more of the three hobbies you listed and keep a record of which activities you did on specific dates. To qualify for a prize, you need to complete at least 18 days of engagement.

Date	Hobby	Date	Hobby
10/1		10/17	
10/2		10/18	
10/3		10/19	
10/4		10/20	
10/5		10/21	
10/6		10/22	
10/7		10/23	
10/8		10/24	
10/9		10/25	
10/10		10/26	
10/11		10/27	
10/12		10/28	
10/13		10/29	
10/14		10/30	
10/15		10/31	
10/16			

of days you engaged in hobbies: _____

Submit completed form to HR by November 8th