

HASD Wellness Committee

April Challenge

Your April Wellness Challenge will focus on intentionally practicing tried and true coping skills and exploring a few new ones.

We invite you to optimistically and consistently go about trying some of the activities listed in the form linked below.

At the end of the month, you will have the opportunity to win prizes by sharing which of the activities you tried. Prize winners will be randomly selected and will not be based on having the most boxes checked. Sometimes just doing one small positive thing is a win. Here is your link for sharing your participation and entering the drawing at the end of April:

<https://forms.gle/Na9MDW6SHFpKyavy6>

This article highlights some ideas to inspire you:

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

