MARCH MADNESS ACTIVITIES

1. Make 1/2 of your plate fruits and vegetables.
2. Take 5-10 minutes to meditate.
3. Complete a team building activity with your department.
4. Spend 10 minutes organizing your desk.
5. Write down three things for which you are grateful.
6. Read a book, magazine or interesting article for 10 minutes or more. Audiobooks & podcasts count too!
7. Track your spending for one day. Write down each time you make a purchase. Find a weekly tracker on gatorcare.org/money-2020.
8. Use reusable grocery bags instead of plastic.
9. Use a reusable water bottle all day.
10. Fill in the blank and post on your wellness board or in your workstation. I am grateful to money because _____.
11. Complete a word search, crossword or Sudoku puzzle. Race with your coworkers to enhance your social wellness too!
12. Familiarize yourself with your organizations Employee Assistance Program.
13. Start your workday with a specific intention. Write it down and keep it visible in your work-space.
14. Clean the office fridge, microwave, coffee maker or another shared space.
15. Journal about your meaning and purpose. Reflect on your values in life.
16. Incorporate physical activity into your workday. Have a walking meeting or Deskercise at your workstation.

MORE INFORMATION AT GATORCARE.ORG/MM

MARCH MADNESS CHALLENGE

INSTRUCTIONS:

Fill in your bracket and submit to GatorCare by March 16. After each round, check to see if your selected teams in each division have advanced. If you team does not advance, look at your teams seed number and complete the corresponding wellness activities. Submit two pictures of you completing activities by April 8 to enter into a prize drawing. Submit a photo of your departments wellness board for a chance to win a "Most Enthusiastic Department" trophy!

EXAMPLE:

On March 22, #5 seeded Wisconsin plays #12 seeded Oregon.

If you selected Wisconsin to win, but Oregon claims the victory, then you complete activity #5 on the March Madness Activities (write down three things for which you are grateful).

If you didn't select any winning teams for that round, you would have a list of eight healthy habits to complete the following day.

Continue using the March Madness Wellness Activities as the rounds move on toward the championship game.

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