

HEALTHY MONDAY: URGENT SELF-CARE



During the course of a busy day, week, or month, it's easy to forget about that very special person in your life — you! Everyone needs a moment to deescalate those high-stress situations and recharge, but finding even just a few minutes to sit, breathe, and relax can be difficult. The Healthy Monday Urgent Self-Care series is designed to help individuals carve out those much-needed moments of calm throughout the day.

The 8-week series offers stress-management techniques and coping mechanisms to help address a range of different feelings and emotions. Participants will be offered two practices each week that can be used in the moment (whenever you can fit in a break during the work day) or at home (perfect for unwinding after a long day) to help reduce anxiety, improve focus, regain energy, and address challenging emotions.

Why Monday?

Starting the week with a renewed commitment to healthy behaviors is an important step to reaching or maintaining personal wellness goals. Whether you're working towards weight management, stress-relief, or disease prevention, a Monday reminder can help you remain focused and on track.

Monday has a special significance in our culture as the beginning of the week, and it can have an impact on our mood and health outcomes. Research shows that people are more likely to start a healthy habit on Monday than any other day of the week, viewing it as a fresh start or a day to "get their act together."

Incorporating a weekly Monday cue into new or existing health messaging can help individuals maintain healthy behaviors over the long term. Recommitting to health goals every Monday is a proactive way to remind members of your organization or community to focus on personal wellness and self-care.

How to Incorporate Urgent Self-Care into Existing Programming

Print Posters and Flyers

Flyers with a QR code linking to different practices are available for printing and should be placed throughout the facility in high-traffic areas. Participants simply need to scan the document with their smartphone to access materials. We recommend rotating a different flyer every Monday throughout the 8-week period. You may choose to post all the materials at once for participants to use at their convenience, although this may limit the reinforcement of a "Monday refresh" message.

Add to Email or Intranet

All package materials are available in digital formats that can easily be integrated into different types of digital workplaces communications, such as email or intranet. Simply download graphics and use the copy/text provided. Hyperlinks to existing webpage content may also be included within different online delivery methods.

Use within Social Media Posts

Graphics and copy/text can easily be repurposed into social media posts for a variety of different social networks, including Facebook, Twitter, Instagram, and LinkedIn. Hyperlinks to existing web pages can be added directly to the post for ease of use.

Week 1:

Recapture your energy and confidence by strengthening your mind-body connection. Use stretching and a brief meditation to help relieve both physical tension and mental clutter. #selfcare #healthymonday

Week 2:

A good night's sleep is rejuvenating and an essential piece of any self-care routine. Get the rest you and your body deserve by unplugging electronics, eating the right foods, and listening to a soothing audio sleep aid or guided meditation. #selfcare #healthymonday

Week 3:

Everyone deserves a moment during the day to pause and unwind. Even if you literally only have a minute, use those precious 60 seconds to clear your head by focusing on the sensations of the world around you. #selfcare #healthymonday

Week 4:

It's easy to wake up Monday morning and feel defeated. But those feelings don't represent you. By using things like music, laughter, reading, and gratitude, you can reshape those draining emotions into moments of motivation. #selfcare #healthymonday

Week 5:

A major element of self-care is satisfaction: in your job, in your relationships, in yourself. Finding satisfaction doesn't have to mean reaching lofty goals. This Monday, find contentment in each moment by being mindful and calm, even as a storm of emotions swirls about you. #selfcare #healthymonday

Week 6:

Sometimes all a person needs to make the day a bit brighter is a little companionship. Enlist a friend, family member, or colleague to go on a walk. You'll be pleasantly surprised. #selfcare #healthymonday #moveitmonday

Week 7:

It's easy to find yourself in a tense situation, where emotions run hot and tempers flare. Use this Monday to practice techniques to cool down during these brief moments of anger and manage those unpleasant emotions. #selfcare #healthymonday

Week 8:

Converting feelings into words or movements can soften their impact. Try writing down your emotions and practicing some light yoga to help separate yourself from your frustrations. #selfcare #healthymonday

Include in Existing Newsletter

Graphics, text, and hyperlinks to existing web pages can be added to an organization's internal newsletter as a blurb within broader health and wellness messaging. Hyperlinks to existing web pages can be added directly to the newsletter.

Incorporate Additional Healthy Monday Messaging into Existing Wellness Programming

Additional Healthy Monday programming can be used to support a range of health behaviors and outcomes, including tobacco cessation, physical fitness, and healthy eating. Healthy Monday materials are easy to use and can fit seamlessly within an organization's existing wellness programming.

Our portfolio of free, downloadable materials can be found [here](#). Our Healthy Monday Check-Up Tool, which can help individuals maintain their healthy intentions beyond the length of the program, [is always available, too](#).

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