

MAKING SENSE OF SELF-CARE: A HEALTHY MONDAY PACKAGE

Integrative health blends conventional and complementary approaches to health and wellness in order to increase awareness of the mind-body connection, examples of which include aromatherapy, color therapy, music therapy, mindfulness eating, and acupressure.

The Making Sense of Self-Care Package is a 5-week series dedicated to different integrative health techniques that utilize each one of the five senses (eyesight, hearing, taste, touch, smell). Each of the five senses is featured on its own unique web page, with activities that use your senses to create a more holistic experience.

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 Making Sense of Self-Care into Existing Programming

Print Posters and Flyers

Flyers with a QR code linking to package materials are available for printing and should be placed throughout the facility in high-traffic areas. Preferred delivery schedule is to post a new flyer every Monday for the entirety of the program, but some organizations have found success posting all the materials at once for participants to use at their convenience.

Add to Email or Intranet

All package materials are available in digital formats that can easily be integrated into different types of digital workplace 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. Sample social media language and hashtags are available below. Simply copy, paste, and post.

Sample Social Media Language

Touch
The sensation of touch is a powerful way to decompress. This Monday, take special notice of the clothes on your back, the sensation on your back, the texture of your surroundings, and let your frustrations disappear. #healthymonday #mondaymotivation #selfcare

Taste
Eating is a great pleasure, and your breakfast, lunch, or morning coffee can also be a source of self-care. Being mindful of the different tastes you experience throughout the day can help distract you from any tensions during the day. Try it this Monday. #healthymonday #mondaymotivation #selfcare

Sight
Using your sense of sight is a simple way to practice self-care. Look at the world around you and really consider what you see. This Monday, focus your attention on the different array of colors, shapes, and objects to relieve stress. #healthymonday #mondaymotivation #selfcare

Hearing
Sounds, whether a trickling stream or the light pitter-patter of raindrops, have magical properties that can create a moment of inner peace. On Monday, find the sounds that bring you pleasure and pay close attention. #healthymonday #mondaymotivation #selfcare

Smell
Natural aromas can help us relax during stressful moments. When you need a bit of relief to start the week, breathe in a pleasant scent and exhale any distressing thoughts. #healthymonday #mondaymotivation #selfcare

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.

HEALTHY MONDAY