

# MINDBODY CHALLENGE

FULL NAME:

STUDENT ID#:

Add 1 Wellbeing Point to the far right column for every goal you complete. You must earn **at least 3 out of 5 possible wellbeing points per week** to be entered in the Prize Draw.



Week 1 (April 1 - April 7)   Body Week Goals	Wellbeing Points Earned
What you eat on a regular basis matters for your mental and physical health. Make a healthy choice and include an item from the <a href="#">Mental Health Grocery List</a> in each of your meals today to fuel your brain power.	
Meal planning helps you eat healthier and saves you time and money! Watch this <a href="#">ten minute video</a> by HealthNut Nutrition for a Beginners Guide to Healthy Meal Prep. Then click <a href="#">here</a> to complete your meal plan for the week and email a copy of your plan to <a href="mailto:wellness@bcitsa.ca">wellness@bcitsa.ca</a> to earn a Wellbeing Point.	
Attend a free 30 minute nutrition workshop to learn tips to eat healthier and earn a Wellbeing Point. Click <a href="#">here</a> to reserve your spot in advance.	
Finding it difficult to eat healthy meals on a student budget? Try out a recipe from the <a href="#">Budget Bytes website</a> that features lots of healthy, low-cost meals. Then email a pic of your meal to <a href="mailto:wellness@bcitsa.ca">wellness@bcitsa.ca</a> to earn a Wellbeing Point.	
Click <a href="#">here</a> to read the new online Canada Food Guide for tips on healthy eating. Next, complete a short <a href="#">Quiz</a> to earn a Wellbeing Point. If you have any questions about the Food Guide, you can call 8-1-1 to speak with a Registered Dietician for free through HealthLinkBC.	

Week 2 (April 8 - April 14)   Mind Week Goals	Wellbeing Points Earned
Read this <a href="#">short article</a> about the benefits of mindfulness and attend a free <a href="#">30 minute drop in Mindfulness class</a> facilitated by BCIT Counselling & Student Development at the Burnaby and Downtown Campus.	
Try out a mindfulness exercise from Ananda Leeke's <a href="#">#ThrivingMindfully podcast series</a> on SoundCloud. Post with hashtag <a href="#">#BCITSAMindBody</a> and tell us which mindfulness exercise you did.	
Become informed about the mental health resources available to you. Click <a href="#">here</a> to read about the new online counselling service offered through the Student Association. Then complete a <a href="#">Quiz</a> to earn a wellbeing point.	
Challenge your mind and improve your career prospects by learning a new career skill. Click <a href="#">here</a> to sign up for Career Track and register for a career workshop to improve your resume or interview skills.	
Visit a popup health booth at your campus to learn how to optimize your mental and physical health. Click <a href="#">here</a> for a list of booth dates and locations. To earn a Wellbeing Point - share a photo of the booth online with <a href="#">#BCITSAMindBody</a> or email the photo to; <a href="mailto:wellness@bcitsa.ca">wellness@bcitsa.ca</a>	

# MINDBODY CHALLENGE

Week 3 (April 15 - April 21)   Body Week Goals	Wellbeing Points Earned
Track your physical activity to find out how active you are. At the start of this week, click <a href="#">here</a> to complete a physical activity log. Email your completed activity log to <a href="mailto:wellness@bcitsa.ca">wellness@bcitsa.ca</a> to earn a Wellbeing Point.	
Did you know that you can watch Netflix for free while you workout on the treadmills at the <a href="#">BCIT Burnaby Gym</a> ? Visit the free gym on campus or try out a Group Activity Class to earn a Wellbeing Point.	
Learn about resources on sexual health by visiting the <a href="#">BCIT Student Health Services website</a> or going to the free walk-in clinic located on the BCIT Burnaby campus, Room SE16 - 127.	
Complete a free confidential online health screen for <a href="#">males</a> or <a href="#">females</a> . All it takes is 10 minutes to check your health and understand your risk factors. Did you know that if you have questions about your health, you can call 8-1-1 to <a href="#">talk to a Registered Nurse for free</a> .	
<a href="#">Research</a> shows that spending time in nature is beneficial for our wellbeing. Go outside for a hike or walk and email a picture of your final destination to <a href="mailto:wellness@bcitsa.ca">wellness@bcitsa.ca</a> to earn a Wellbeing point. Need ideas about where to go? Click <a href="#">here</a> for a list of the best transit friendly hikes.	

Week 4 (April 22 - April 28)   Mind Week Goals	Wellbeing Points Earned
Studies have shown that people who consciously practice gratitude tend to be happier. Click <a href="#">here</a> for a short article about how gratitude changes your brain. Then write a <a href="#">Gratitude Letter</a> (or email) to someone that had a positive impact in your life.	
Be mindful of your Mental Health by taking a free online screening to identify your risk factors and develop a plan of support. Click <a href="#">here</a> to complete a confidential mental health assessment. It only takes 5 - 10 minutes! Then complete a <a href="#">Quiz</a> to earn a Wellbeing Point.	
Negative thoughts blocking your success? Download the free <a href="#">TUFMINDS</a> app and complete at least 2 of the 12 minute Modules under the Personal Life Mastery Program to learn how to eliminate negative thoughts. Complete this <a href="#">Quiz</a> to earn a Wellbeing Point.	
Feeling stressed about your Exams? Watch this <a href="#">9 min video by Memorize Academy</a> for six great study tips for exams. Need more help? BCIT Learning Commons offers free drop-in study sessions with Peer Tutors at the Burnaby & Downtown Campus. Click <a href="#">here</a> for a current drop in schedule.	
Today's activity is to try a grounding technique. Watch this <a href="#">3 minute video</a> and follow along. Grounding can be especially helpful if you find yourself stuck worrying a lot. Want to learn more techniques to help you relax and manage stress? Click <a href="#">here</a> to learn about BCIT's free confidential counselling services for students.	

<b>TOTAL WELLBEING POINTS EARNED</b> You must earn a total of 12 wellbeing points to be eligible for the prize draw.	
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E-mail this completed MindBody Challenge to [wellness@bcitsa.ca](mailto:wellness@bcitsa.ca) before **Monday May 6th** to be entered into the draw.