

Worksite Wellness Turnkey Program

Stress-Less Challenge

*An activity to help employees
manage and reduce stress*



Stress-Less Challenge Overview

The Stress-Less Challenge is a worksite wellness activity that provides employees the opportunity to practice and adopt a variety of strategies to reduce and manage stress. The following overview provides available tools and resources to help your wellness committee organize and implement this activity at your worksite.

The activity is designed to be conducted over a four-week period, but can be modified to suit the needs of your committee and number of participating employees. Each week of the challenge focuses on a different strategy for reducing and managing stress. Participants will earn points for practicing these strategies. Distribute newsletters focusing on each weekly strategy to keep participants interested and motivated to continue managing stress once the

challenge is complete. Award participants with a certificate at the end of the challenge.

Download sample materials for the challenge at www.EatSmartMoveMoreNC.com.

These materials include:

- announcement poster
- sign-up sheet
- participant instructions
- challenge log
- personal log
- weekly newsletters
- Certificate of Completion
- evaluation survey



Download additional Turnkey Programs and other resources for worksite wellness at www.EatSmartMoveMoreNC.com.



Step-by-Step Guide for Organizing the Challenge

- Talk** with management about implementing the Stress Less Challenge at your worksite. Share the activity materials with them. Remind management that this activity will help employees manage and reduce stress.
on maintaining their efforts once the challenge is complete.
- Designate** a challenge coordinator. The coordinator will be responsible for announcing the activity, posting and collecting the sign-up sheet(s), distributing the participant instructions, activity log, personal log, weekly newsletters and the evaluation survey.
- Announce** the challenge with the start and the end date to all employees at your worksite. A sample announcement poster is available for download at www.EatSmartMoveMoreNC.com. Post the announcement in several locations such as break rooms, bulletin boards or stairwells. Depending upon the size and organization of your worksite, additional advertising may be needed via e-mail messages, staff meeting announcements or by word of mouth.
- Recruit** participants for the challenge by posting the sample sign-up sheet at appropriate places.
- Distribute** the participant instructions, challenge log and personal log to all participants. Also, explain the activity components in this challenge, i.e. earning points for incorporating stress management strategies into their daily routine. Remind the participants that they will receive weekly newsletters. The newsletters will keep them motivated during the challenge and provide tips
- Send** newsletters to all participants on a weekly basis. Four newsletter editions can be downloaded at www.EatSmartMoveMoreNC.com. Each newsletter edition focuses on a different stress management strategy i.e. moving more, using humor, money management and prioritizing yourself.
- Wrap-up** the challenge at the end of four weeks. You may invite all the challenge participants to meet and discuss what strategies they found most helpful. Participants should be encouraged to adopt the stress management strategies they practiced during the challenge as part of their daily routine.
- Evaluate** the challenge. Distribute the sample evaluation form to all participants. Make a note of how many employees participated and if there were any drop outs.
- Present** a Certificate of Completion to all participants. Ask upper management to sign the certificates.





Poster



Sign-Up Sheet



Participant Instructions



Personal Log



Activity Log



Newsletter 1



Newsletter 2



Newsletter 3



Newsletter 4

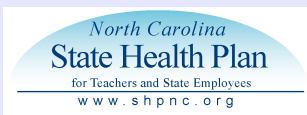


Certificate



Evaluation

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