



Balanced You Wellness Challenge

Join Balanced You and fellow King County employees in our April Wellness Challenge! Try to implement three new self-care tasks each week. You can use this sheet to track your progress and make notes.

Week One

Take a mindfulness class

Mindfulness can help reduce stress and bring calm into your life. Balanced You provides free online Mindfulness Classes. Check out the Spring schedule at kcbalancedyou.com/mindfulness-spring-2023.

Connect with family and friends

Staying connecting with loved ones can nurture your emotional wellness and bring joy. Schedule a time to meet or chat with someone you've been thinking about.

Schedule a workout

Being physically active can help your mental health, reduce the risk of disease and strengthen bones and muscles. Balanced You partners with Vivecorp to provide free online exercise classes. Certified instructors teach yoga, stretching, strength training and cardio. View classes at vivecorp.com/balancedyou.

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Week Two

Try meditation

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. Try stopping, taking deep breaths and focusing on something that brings you peace.

Make an appointment with your Primary Care Provider (PCP)

Research shows that having a PCP can increase your health outcomes and even save you money. King County offers great medical benefits to employees. If you are in need a primary care provider, our benefits team can help. Find out more at kcbalancedyou.com/primary-care.

Practice the mantra 'I am good enough'

Positive self-talk is imperative to our well-being. Reassuring ourselves with affirmations such as this can help us keep pushing through when times get tough. Try writing it on a post-it where you will see it everyday or making this affirmation a reminder that pops up on your phone.



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Week Three

Learn about the Employee Assistance Program (EAP)

Often things come up at work that we may need outside help with. EAP counselors can help you with workplace stress, coaching and consulting, conflict with co-workers and supervisor support. You can contact EAP to make an appointment at 206-263-8733, or for more information email HRDEAP@kingcounty.gov.

Get some fresh air and take a walk

Walking is a great way to nurture your overall health and fresh air can help increase your energy and improve sleep. With the weather warming up, it's easier to make enjoying a walk and time outside a routine.

Start a journal

Writing down our thoughts can help release what may be bogging down our minds. Grab a notebook and pen and start journaling how you are feeling each day, things you are looking forward too or want to accomplish, future goals and ideas, etc.



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Week Four

Learn about Making Life Easier Program (MLE)

Managing day to day events can be tough especially while working. MLE can help with personal counseling, legal and financial services, childcare services and adult and elder care services. Access MLE at www.kcmakinglifeeasier.com with user name: King County or call 1-888-874-7290.

Listen to music or watch a movie

Music is good for the soul! Throw on your favorite tunes and get up and dance. Movies can also be a great escape so put on a comedy, love story, or adventure and don't forget the popcorn.

Volunteer

Volunteering and helping others can lift your mood. King County's Employee Giving Program has a list of community organizations you can help. Many King County employees can use up to three instances of their sick leave a year to volunteer (aka paid time off to volunteer). Go to kingcounty.gov/giving for more information.