



## LET'S TAKE

# THE ROAD TO RESILIENCE

## Build skills – Score points – Win Prizes

Learn and practice resilience building behaviors in this challenge to develop your personal strategies for:

- ✚ Overcoming difficult life situations
- ✚ Shifting your perspective
- ✚ Taking time to do the things you enjoy
- ✚ Overview video: <https://www.inspiringperspectives.com/road-to-resilience/>

**Starts:** Wednesday - September 29<sup>th</sup>

**Ends:** Tuesday - October 26<sup>th</sup>

**Registration opens:** Monday – September 13<sup>th</sup>

**Registration site:** [www.MyWellsite.com/ip/scusd](http://www.MyWellsite.com/ip/scusd)

The “Road to Resilience” is a four-week personal challenge rather than a team challenge

## Prizes

Registration prize: The first 25 registrants will be entered into a drawing to win a wireless speaker (2 winners)

### Achievement prizes

Mid point: Participants who have earned 400 points will be entered into drawing to receive “stress less” kit with earbuds, stress squeeze ball and resistance band (10 winners)

### End of challenge:

Participants who have earned 800 points will be entered into drawing to win their choice of yoga mat and water bottle or wireless speaker (5 winners)

Participants who have earned 1,000 points will receive a wireless speaker, yoga mat, infused water bottle, and mouse pad.

### Questions?

For questions about the challenge email Cathy Rasmusson, “Step Into Wellness” Coordinator, [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com)

For questions regarding registration or technical issues go to “contact us” on inspiring perspectives website

**“Road to Resilience” challenge is sponsored by Health Net**