



## JSD Wellness Week Challenge – Feb. 6-15, 2026

This year's Wellness Day Challenge is an opportunity to prioritize your own individual wellness by learning about your unique wellness needs, trying something that is interesting or relevant to you, and reflecting on your experience. Enter our drawing by sharing what you do to prioritize your wellness!

Our community cares about YOU and has donated prizes that will be awarded to participants, including hundreds of small prizes. [Two employees will win \\$1,000 vacations from Get Away Today!!](#)

<b>Learn</b>	What we do is a reflection of what we know. Knowledge is power! We live in the age of information, and access to wellness knowledge is better than it has ever been. Each person has unique wellness needs, so we encourage you to seek knowledge that is relevant to you! You could watch a virtual webinar from our District partners via <a href="#">PEHP</a> or <a href="#">Blomquist Hale</a> , listen to a podcast, enroll in a well-being course, read or listen to a book, or watch some high-quality YouTube videos related to your wellness. <a href="#">Here</a> are some ideas!	<b>What did you learn this week that will support your wellness?</b>
<b>Try</b>	Wellness knowledge only enhances well-being when put into practice! It's important to honor your individual preferences while also being open to trying something new. Unless you are perpetually mentally and physically well, there are likely some practices you have yet to try that will support your wellness. There are many paths to wellness, and this could be as simple as trying practices that you are learning about (apps, podcasts, seminars, etc.), <a href="#">attending an offering on Wellness Day</a> , or even exploring our <a href="#">Wellness Day Student Curriculum</a> . The student curriculum is based on five stress-busters: physical activity, quality sleep, supportive relationships, balanced nutrition, and mindfulness practices.	<b>What did you try?</b>
<b>Reflect</b>	Consistent reflection on what's working and what's not is critical to creating a lifestyle that supports wellness. You are an expert on your own wellness. Beware of believing thoughts too quickly that drive you to sustain behaviors that are unsupportive of your well-being, there is likely more to the story than "I didn't like it."	<b>How did it go?</b>
<b>Celebrate! You prioritized your wellness!</b>		
<b>Repeat</b>	Consistency is critical! Smaller, sustainable practices have a much bigger impact than bursts of intensity. Take it slow and add practices over time. Wellness is a long-term project that spans years. Be persistent with experimenting on your own well-being and always be learning and trying things out!	<b>How could you maintain what worked? What will you learn, try, and reflect on next?</b>

**Enter our Drawing by sharing what you've done to support your wellness!**

[Submit your drawing entry by using the Challenge form link](#) or scanning the QR code.

