

Time for a
happy dance!

START HERE



YOU DID IT!
CHALLENGE
COMPLETED



Play the Stress Away Challenge

Did you know it's healthy to play? And we encourage it – every day!

Doing anything for fun that makes you happy or excited is considered playing – whether it's gaming, playing sports, collecting stamps, or writing stories in your free time.

Studies show that play helps:

- Relieve stress
- Increase energy
- Improve brain function
- Keep your mind sharp
- Boost creativity
- And is a natural mood booster

Don't have time for play? We can help. Use this mini-challenge to find a little play in your day.

Directions:

For three weeks, fill in your game board using the playful activities listed here or create your own. Each activity is worth one or two points, based on complexity. Get as far along your game board as you can with the goal of reaching the end by Week 3. Good luck, and happy playing!

Playful activities worth one point:

- After dinner, instead of turning on the tube, take a walk around the neighborhood
- Grab your camera or smartphone and go outside for a midday photo session: appreciate the beauty in everyday things!
- Invigorate your senses! Try a unique food combination.
- Bring a coworker or friend a coffee, treat, or homemade craft
- Play a game with your kids/nieces/nephews/neighborhood kids
- Make a fancy drink of choice on the weekend
- Watch the sunrise or sunset
- Take 10 minutes to daydream
- Design your dream house or dream vacation

Activity ideas worth two points:

- Get adventurous! Treat yourself to the movies, try a new walking path, or bike to your coffee date.
- Make a new recipe
- Build a fort and have a movie night
- Create a vision board

Connect with a health coach – just for you!

Eligible members can work confidentially with a health coach, at no extra cost, to set sustainable health goals and move toward them in ways that work best for you. You'll better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. To learn more, email healthcoachteam@modahealth.com or call 800-913-4957.

modahealth.com

