

# W.E.L.L.

## PART 1 | BC COMMONS | FEB. 7

On **Thursday, February 7th**, take 6 minutes to explore six different aspects of life that profoundly influence your experience of wellbeing. Bring your phone and headphones. You will 'enter' the wellbeing wheel and listen to audio as you move around the wheel. Instructions given at entrance.

**Location:**

BC Commons by the 'Egg'

**Time:**

Faculty, Staff and Administration can enter the wheel from 10 am until noon.  
Students can enter from noon until 1:30 pm.



**DON'T MISS OUT!**

## PART 2 21 DAYS W.E.L.L. CHALLENGE FEB 7-28

**THIS CHALLENGE IS FOR  
BETHEL STUDENTS,  
FACULTY, STAFF AND  
ADMINISTRATION.**

### WHAT

This is a friendly team competition designed to help individuals make daily choices that could improve their sense of wellbeing.

### WHY

To encourage our community to invest in both their individual and interpersonal wellbeing.

### HOW

Each team member customizes their 21 DAYS challenge to match their current wellbeing needs. Options for customization provided online ([wellbeing-at-bethel.com](http://wellbeing-at-bethel.com)) and at the February 7th W.E.L.L. event.

### WHEN

Registration is on February 7th at the W.E.L.L. event in BC Commons. Challenge runs from February 7th until February 28th

**more info on back**

# 21 DAYS CHALLENGE

## INSTRUCTIONS



1. Create a team of at least 3 people. Teams can be groups of friends, academic departments, offices, sports teams, ministry teams, 3rd floor of Getsch, whatever you want..
2. Each team member will create their own customized 21 DAYS challenge. This means not everyone on the team will be making the same choice(s) for their wellbeing for 21 DAYS. The common denominator is that each person on the team is using their agency to do something to invest in their wellbeing.
3. Each team must register for the challenge at the February 7th W.E.L.L. event in BC Commons. Only one member of the team needs to come on February 7th to BC Commons to provide team member names and to pick up the correct number of 21 DAYS W.E.L.L. Challenge Packets. Students who have taken Wellbeing - don't worry... there is no data collection required for this challenge!
3. Only teams that register on February 7th will be eligible to receive a prize at the end of the challenge.
4. Each team member must have and fill out their own 21 DAYS Challenge Packet.
5. Again, packets will be handed out at the W.E.L.L. event on February 7th - come to the Registration Table to register your team and pick up your packet.
6. Challenge runs from February 7th until February 28th
7. Teams are encouraged to meet for lunch, a short break or a Bethical 'happy hour' once a week during the 21 DAYS for encouragement and support. Record in your packets when your team meets.
8. Each team who has all members complete their unique 21 DAYS challenge can claim their prize at the open house party on March 1 currently scheduled to be in the Center for Wellbeing.
9. This is not a lone ranger event. You need to get a team, participate as a team and win as a team.
10. Choices that you can select will be available starting Monday, January 21st on the wellbeing website ([wellbeing-at-bethel.com](http://wellbeing-at-bethel.com)). You decide how challenging you want to make this:

**Beginner** \* = 1 choice for 21 days (recommended if you have never done this before)

**Intermediate** = 2 choices for 21 days

**Committed** = 3 choices for 21 days

**Overboard** = 4 choices for 21 days

**Bottom line:** You need to identify the choice(s) you want to make and then make those choices every day for 21 days and notice how these choices influence your wellbeing.