Spring into Wellness

Through March 20th, the first day of Spring, pick and complete at least five individual health and wellness activities given below in any order. There is no need to complete items within the same column or row – wellness is about taking personal and individualized steps to improve your health!

Spring into Wellness is designed to help you incorporate five essential elements of wellness: purpose, community, social, mental, physical, and financial. The program aims to increase individual wellbeing engagement and awareness. Be inspired to try to reach a new goal or complete an activity towards wellness goals you’ve already set for the start of the new year. This is a chance to refresh and renew your motivation.

Submit your completed Spring into Wellness entry and be entered in a drawing for a chance to select a fun wellness gift package. 10 winners will be selected!
Learn how to **cope with uncertainty** when everything feels out of control.

**Hello Spring!** Snap a photo today of nature that inspires you! Bonus: SHARE WITH US!

Walk at least **5,000 steps in a day** Extra: tell us your maximum achieved.

Explore nutrition education resources available through CalFresh.

BONUS: TRY OUT ONE OF THE RESOURCES AND SHARE WITH US!

Take time to Stretch for at least 15 minutes at 10, 2, and 4 today! Stretching Guide.

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Unplug from **social media** for a day over the weekend.

If you’re **homeschooling**, follow these three tips to reduce everyone’s stress.

Learn more about how to **eat low carbon** Your food choices impact the planet!

Drink at least **8 glasses of water in a day**

Learn About **Budgeting** Apps for 2021.

Here’s another reason to practice mindfulness today. It can **combat unconscious biases**.

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Create time to reflect on your purpose.

Watch a short video about **5 Healthy Money Habits for 2021**.

Create family **home cooking memories** by cooking at home for a complete week.

Enjoy a **healthy snack** today! Look for inspiration from Make Every Day Healthy Snack Day recipes!

Try Meatless Mondays! Include a serving of vegetables for each meal of the day.

Relax and do something **fun that you enjoy**.

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Plan a pandemic **birthday party** for yourself or a loved one.

**BONUS: TRY ONE OF THESE RECIPES AND SHARE WITH US!**

When you’re **feeling strong emotions**, do a body scan. Extra: reach out to five friends or loved ones.

Find out your **Diabetes Risk Score** (If you score is 5 or higher, check out our DPP Program).

Read **Wellness Next Week** and share with a friend or family member.

Walk together, apart: Go for a **30 minute walk** this afternoon with a friend.