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science

# Stress & Resilience Health Challenge

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# Stress & Resilience Health Challenge

## WELCOME TO THE STRESS & RESILIENCE HEALTH CHALLENGE!

This unique wellness challenge:

- Emphasizes the importance of personal resilience to maintain flexibility and balance in life when faced with stressful situations.
- Provides information about the strong association between excess stress and chronic diseases and conditions.
- Inspires participants to explore a variety of stress management techniques.
- Offers a simple and fun opportunity for participants to track time spent performing stress management activities and work toward building resilience.
- Drives wellness engagement and participation rates upward.
- Offers participants easy tracking of stress management activities by providing text, smart phone app and online options.

In this Challenge, participants will learn techniques for building resilience against stress – such as meditation, breathing exercises, and journaling. They will record the number of minutes per day they spend on these specified activities. They will enroll and form teams online. You will choose the timeline - we recommend 4 to 10 weeks. The team score is based on the number of minutes per team member, per day. We offer several ways for them to record their progress – either online, via text message, or using our iPhone or Android apps.

The manual provides a host of promotional materials to assist you in getting the word out about the upcoming Stress & Resilience Health Challenge. Whether you need informative articles to publish online, a letter of support from top leadership, or promotional posters to display in break rooms, it is all here. For your convenience, all materials are provided in both print-ready and editable electronic formats.

The educational resources and motivational e-mail messages included in the manual are designed to reinforce the key health messages of the Stress & Resilience Health Challenge. Distribute these to participants throughout the challenge. Aside from increasing awareness about personal health habits and becoming more informed about effective stress management techniques, the participant also feels a sense of connection to the challenge when he/she receives regular communication from the Challenge Coordinator.

Also included is a suggested implementation timeline. It is designed to assist you in organizing the planning, promotion, implementation, and evaluation tasks necessary to ensure the Stress & Resilience Health Challenge is a success at your workplace.

This Challenge includes realtime, online reports showing participation and engagement in the challenges. Our reporting supports a variety of incentive approaches to fit your program.

To learn more, schedule your demo with one of our health promotion experts at [www.extracon.com/demo](http://www.extracon.com/demo)