

# Week 4- June 1-7- Heart Smart Wellness Connected Challenge

## Mental and spiritual health week

*The focus for Week 4 is **taking care of your mental and spiritual health**. Being physically active is very important but it is also just as important to take time and relax, both mentally and physically.*

*Examples include:*

- Deep breathing
- Meditation
- Listening to music
- Yoga
- Aromatherapy
- Knitting/Crocheting
- Get mental health/wellness support. See [resources here](#).
- Check out the [Winners Tab on the Heart Smart site](#) to see how the rest of the Heart Smart community stays well and healthy.
- Physical Activity also boosts your mental health. [Check out this article!](#)
- Other. What other things do you do to practice mental wellness?



50,000 points will get you the Week 4 badge –enter your physical activity points on a regular basis.

### Extra points/badges this week:

1. Take a photo of you and your virtual team participating in relaxation techniques for some extra points – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email [wellness@uleth.ca](mailto:wellness@uleth.ca) to confirm for **2000 extra points!**
2. Practice a relaxation technique **twice** this week for your **Relaxation badge!**
3. Do something positive for your mental health for the **Mental Wellness badge**. Share this is under #wellnessconnected; #UofLwellness; and email to [wellness@uleth.ca](mailto:wellness@uleth.ca) for **2000 more points**.
4. Get your **Week 4 Horns Rec Fitness Info** badge by attending the Core Strengthening and Stretching session on <https://www.instagram.com/hornsrec/>
5. Get your **Week 4 Support Local** badge – Check out some [Yoga sessions on line within the community!](#)

