



THE STREAK CHALLENGE

EMOTIONAL WELLNESS



Examine your Employee Assistance Program

Every day spend a little time learning and benefiting from what the Employee Assistance Program can offer you.

Website: <https://www.powerflexweb.com/1063/login.html>

Code: SRPMIC



Journal

There are many benefits to journaling and lots of resources and tools to help you get started. Here is one resource to give you some ideas:

Website: <https://lifehacker.com/why-you-should-keep-a-journal-and-how-to-start-yours-1547057185>



Learn an inspirational poem or mantra and say it many times/day

Find a song lyric, Bible verse, expression used by a loved-one and use it on many occasions throughout the day. For example, if you are a teacher, you might find ***They Ask Me Why I Teach*** by Glennice L. Harmon most useful.

Website: <https://timpanogos.blog/2014/02/14/john-woodens-favorite-poems-they-ask-me-why-i-teach/>

[HTTPS://WWW.SRPMIC-NSN.GOV/WELLPATH/](https://www.srpmic-nsn.gov/wellpath/)