



BACK TO SCHOOL, BACK TO SELF-CARE

Content Areas: Integrative Wellness – Mind/Body/Spirit/Environment, Self-Care, Work-Life Integration

Duration: Four Weeks

Description: Sit back, relax and look forward to getting back to self-care! Whether or not you are navigating the back-to-school craziness, a new season brings the perfect opportunity to fall into new and better habits.

As we move through this campaign, we will take one week to focus on each of the four domains of wellness – mind, body, spirit and environment. You will receive three optional practices for exploring the theme of the week and layering more self-care moments into your day.

Overview:

- Week 1 – Mind: Meditation & Mindfulness
- Week 2 – Body: Rest & Recovery
- Week 3 – Spirit: Passion & Purpose
- Week 4 – Environment: Organization & Optimism

Key Components:

- Content – Photos and testimonials from submissions to generate ongoing excitement
- Reporting – Aggregate participation reporting
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts; participant 30-Day Self-Care Journal tracking tool
- Support – Weekly video explaining the three recommended self-care practices for the week

Investment: Starting from \$995