

DARE TO BE 2023

Experience 8 weeks of well-being

WEEK 3



THE WHOLE U
UNIVERSITY of WASHINGTON

SUSTAINABILITY

- Use a reusable water bottle.
- Don't forget your reusable bag.
- Buy foods in bulk if you can.

CAREER DEVELOPMENT

- Watch [this webinar](#) on harnessing your energy for productivity and focus.
- Start the process of finding a mentor with [the "self-discovery" section](#) of this toolkit.
- Review [the second half of the mentorship toolkit](#) to select potential mentor.

MINDFULNESS & COMPASSION

- Tidy up one area of your home or workspace and reflect in the space.
- Let your mind wander today.
- Replace a negative word in your daily vocabulary with a positive one.

FINANCIAL

- Delink your credit/debit cards from online stores to prevent impulse purchases.
- [Understand credit reports](#) and get your free report at annualcreditreport.com.
- Automate your savings with recurring transfers from your checking to savings accounts.

PHYSICAL FITNESS

Visit the [2023 Fitness Page](#) for more

- Move – 2 days of 15-45 min cardio of choice (Walk, dance, run, bike, swim, wheel, fitness class)
- Build – 1 day of body weight strength
1 set of 10-25 squats, push-ups, planks, lunges & dips.
- Repair – 1 day of 10-45 min restorative movement (Stretching, desk yoga, yoga class) and at least 2 nights of 8 hours' sleep.

CONNECTION

- Attend a UW Carelink webinar: Acceptance of Others (Feb. 8); The Joy of Movement (Feb. 22).
- Learn about the [mental health needs of kids and teens](#) and get involved to create positive change.
- [Take this assessment](#) to find out if you or a loved one are at risk for social isolation.

NUTRITION

- Try a meatless day with [these recipes](#).
- Note your favorite "whole foods" and include them in your day.
- Carry a water bottle with you this week and take sips throughout the day.

DO GOOD FEEL GOOD

- Take up a new hobby: the Pacific Northwest is rife with opportunities for [birdwatching](#).
- Support those suffering from food insecurity by volunteering or [donating to your local food pantry](#).
- Clean out your closet! Donate clothing, shoes, and accessories.

