

DARE TO BE 2023

Experience 8 weeks of well-being

WEEK 4



THE WHOLE U
UNIVERSITY of WASHINGTON

SUSTAINABILITY

- Shop local.
- Reduce your carbon footprint.
- Upcycle household items.

CAREER DEVELOPMENT

- Complete [an implicit bias test](#) and consider your bias' impact on your workplace.
- Review [UW's DEI Glossary](#).
- Discover the Careers and Internship Center's resource list for DEI Articles, Books, and Tools.

MINDFULNESS & COMPASSION

- Try box breathing; extend all 4 parts of your breath to a count of 4. Try 5 rounds.
- Look in the mirror and say something kind and uplifting to yourself.
- Appreciate the small breaks you get in life, like on your commuter during an elevator ride.

FINANCIAL

- Start a money journal and keep track of how you feel about your spending.
- Find inaccuracies in your credit report and contact credit bureaus when there is a mistake.
- Learn about compound interest and how it impacts debt or 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

- [Prevent birth defects](#) by educating yourself and your loved ones about prevention strategies.
- Write a handwritten letter to a senior on [National Letter to an Elder Day](#), Feb. 26, 2023.
- Put your phone away to authentically engage with others.

NUTRITION

- Pack a snack! Check out [this article](#) for healthy ideas.
- [Fuel up on fiber](#) by making at least half of your grains whole.
- Reflect on what foods make you feel good and what foods don't.

DO GOOD FEEL GOOD

- Learn more about eating a more plant-based diet from local nonprofit [Tilth Alliance](#).
- Enjoy the outdoors with a hike and learn more about the organizations [keeping our public lands beautiful](#) and accessible for all.
- Host a hygiene products drive! [Food pantries need more than just food](#).