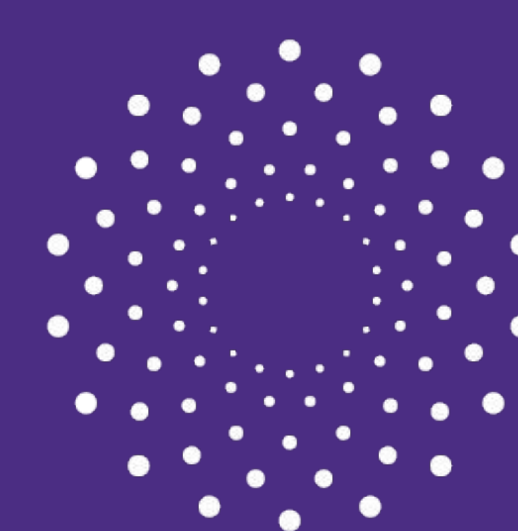


DARE TO RESTORE 2024

Experience 8 weeks of well-being

WEEK 1



THE WHOLE U
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SUSTAINABILITY

- ☐ Try Meatless Mondays.
- ☐ Air dry your clothes.
- ☐ Focus on reusable containers.

CAREER DEVELOPMENT

- ☐ Set at least 3 goals. Use [this SMART goals worksheet](#) to help.
- ☐ Review the [Workplace Competency Guide](#). Select 3-5 to grow in.
- ☐ Create a [Training Action Plan](#) that supports a competency you want to strengthen.

MINDFULNESS & COMPASSION

- ☐ Before getting out of bed, place your hands over your heart and take 5 slow breaths.
- ☐ Find 3 things around you that you normally wouldn't notice.
- ☐ Refrain from using the word can't.

FINANCIAL

- ☐ Make a list of your financial goals for the next month, quarter and year.
- ☐ Listen to a personal finance podcast to gain tips and different perspectives on money.
- ☐ Create or update your budget. Get started with [this video](#) from BECU.

PHYSICAL FITNESS

Visit the [2024 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

- ☐ Understand [correct pronoun use](#) and use more inclusive language.
- ☐ Learn the [warning signs for suicide risk](#) to save lives.
- ☐ [Promote health](#) among older adults and learn more about elder care resources.

NUTRITION

- ☐ Begin [a mindful eating practice](#).
- ☐ Pay attention to signs of hunger and fullness. Trust your body this week.
- ☐ Explore healthy eating goals with [the MyPlate app](#).

DO GOOD FEEL GOOD

- ☐ Connect with your community through a [volunteer opportunity](#).
- ☐ Support mental health awareness, visit the [NAMI website](#) and read or watch a learning resource.
- ☐ Take time to [explore the different non-profits](#) the UWCFD has to offer.

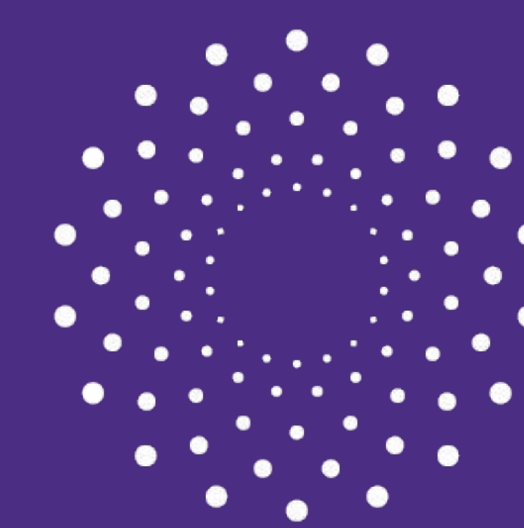


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DARE TO RESTORE 2024

WEEK 2



THE WHOLE U
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Experience 8 weeks of well-being

SUSTAINABILITY

- ☐ Take public transportation or carpool.
- ☐ Bring a reusable coffee cup to work.
- ☐ Bring your own lunch to work.

CAREER DEVELOPMENT

- ☐ Review your job description. Highlight 3 areas to grow in or focus on this year.
- ☐ Write out weekly and monthly work place goals & hang them in a highly visible location.
- ☐ Take a [personality assessment](#).

MINDFULNESS & COMPASSION

- ☐ Send a friend or family member an affirmation for their day.
- ☐ Take an alternative route to work. Appreciate your new surroundings.
- ☐ Be present - choose a social media platform and refrain from using it for the day.

FINANCIAL

- ☐ Save more by refraining from one of your weekly fun expenses (coffee, lunch, etc).
- ☐ Learn how to improve credit with [this article from BECU](#).
- ☐ Create a financial vision board to have a reminder of your financial goals.

PHYSICAL FITNESS

Visit the [2024 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

- ☐ Explore and learn about the [Employee Assistance Program](#).
- ☐ [Raise informed citizens](#) by encouraging civic engagement among kids and young adults.
- ☐ Discover strategies to create a more [inclusive workplace for neurodiverse colleagues](#).

NUTRITION

- ☐ Try a new recipe from [The Whole U's cookbook](#) created with UW Medicine registered dietitians.
- ☐ Unfollow social media accounts that don't make you feel good about food.
- ☐ Try a new vegetable or fruit this week.

DO GOOD FEEL GOOD

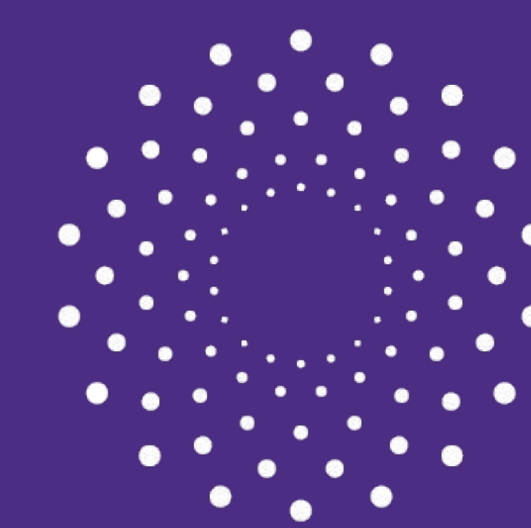
- ☐ [Encourage literacy in your community](#) by donating to or building a free library.
- ☐ Pick up debris on the beach with [PugetSoundkeeper](#), or on your own.
- ☐ [Give blood](#): Support the American Red Cross's blood supply.



DARE TO RESTORE 2024

Experience 8 weeks of well-being

WEEK 3



THE WHOLE U
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SUSTAINABILITY

- ☐ Use a reusable water bottle each day this week.
- ☐ Learn to compost properly by [watching this webinar](#) from UW Recycling and the UW Farm.
- ☐ Buy a food item in bulk that you will use.

CAREER DEVELOPMENT

- ☐ [Attend a webinar](#) with Ryan Fehr on Jan. 22 that explores gratitude into the workplace.
- ☐ Begin [this Mentoring toolkit](#) from UW Professional & Organizational Development.
- ☐ Complete [the Mentoring toolkit](#).

MINDFULNESS & COMPASSION

- ☐ Tidy up one area of your home or workspace and reflect in the space.
- ☐ Let your mind wander today.
- ☐ Attend a webinar discussing how to [Hold Center in Anxious Times on Jan. 24](#).

FINANCIAL

- ☐ Delink a credit or debit card from online stores to prevent future impulse purchases.
- ☐ [Understand credit reports](#) and get your free report at annualcreditreport.com.
- ☐ Automate your savings: Set-up a recurring transfer to a savings account.

PHYSICAL FITNESS

Visit the [2024 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

- ☐ View [this article](#) sharing great reads for a sense of community and inspiration.
- ☐ Read about the [mental health needs of kids and teens](#) and consider one of the 'Get Involved' options.
- ☐ [Take this assessment](#) to find out if you or a loved one are at risk for social isolation.

NUTRITION

- ☐ Have a meatless day. Consider using [these recipes](#).
- ☐ Eat leafy greens three times this week.
- ☐ Make a homemade snack this week. Check out [this handout](#) for a baked snack recipe.

DO GOOD FEEL GOOD

- ☐ Learn how to [support Pacific Northwest bird conservation](#). Consider birdwatching this week!
- ☐ Support those suffering from food insecurity. [Learn about the needs in your community here](#).
- ☐ Clean out your closet! Take a few hours this week to donate gently used clothing, shoes and accessories.



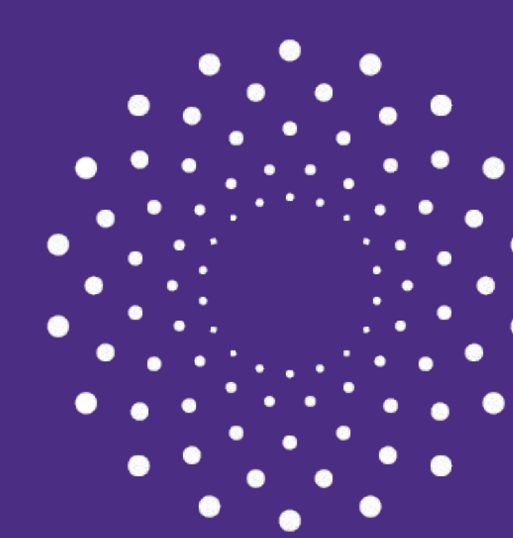
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DARE TO RESTORE 2024

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WEEK 4



THE WHOLE U
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SUSTAINABILITY

- ☐ Shop local farmers market this week.
- ☐ Cook dinner at home at least 6 days this week.
- ☐ Use at least one reusable shopping bag when grocery shopping.

CAREER DEVELOPMENT

- ☐ Complete [an implicit bias test](#). Find two ways to improve your bias' at your workplace.
- ☐ Read [UW's DEI Glossary](#). Share one thing you learned with a coworker.
- ☐ During the work week: Take a 5-min break for every 60-90 min. of work for restorative concentration.

MINDFULNESS & COMPASSION

- ☐ Pick 3 mornings to try box breathing. Extend all 4 parts of your breath to a count of 4. Try 5 rounds.
- ☐ Every day this week look in the mirror and say something kind and uplifting to yourself.
- ☐ Abstain from one platform of social media all week.

FINANCIAL

- ☐ Review your contribution to retirement savings accounts & update as needed.
- ☐ Cut out a monthly streaming service.
- ☐ Read this article on [compound interest](#). Familiarize yourself with the compound interest calculator for financial planning.

PHYSICAL FITNESS

Visit the [2024 Fitness Page](#) for more

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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

- ☐ Plan an adventure for summer – check in with your favorite campground and reserve a spot now.
- ☐ Write a handwritten letter to a senior on [National Letter to an Elder Day](#), Feb. 26, 2024.
- ☐ Join the [parenting listserv](#) for parenting news for UW community members.

NUTRITION

- ☐ It's soup season! [Try one of these delicious soup recipes](#).
- ☐ Fuel up on fiber by using these [tips and recipes](#) to incorporate nutritious fiber into your diet.
- ☐ Enjoy a home cooked meal together with family and friends.

DO GOOD FEEL GOOD

- ☐ Learn about eating a more plant-based diet from local nonprofit [Tilth Alliance](#).
- ☐ [Create a comfort blanket for animals in need](#).
- ☐ Consider donating hygiene products. [Food pantries need more than just food](#).



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DARE TO RESTORE 2024

WEEK 5



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SUSTAINABILITY

- ☐ Get thrifty (shop for secondhand clothes and housewares or donate to a thrift store).
- ☐ Learn more about the benefits of a rain barrel. Install one yourself or suggest it to a friend.
- ☐ Use cold water for laundry this week.

CAREER DEVELOPMENT

- ☐ Improve your workplace communication skills by completing [these quick reads and activities](#).
- ☐ Learn digital organizing tools for your workload, task and item management with [this video](#).
- ☐ Explore [UW's How-to Guides](#) for tips and information on technology in the workplace.

MINDFULNESS & COMPASSION

- ☐ Mail a friend or family member a handwritten note.
- ☐ Connect with a loved one this week and spend an hour of quality time together.
- ☐ Do a body scan: Lie down in a comfortable position, mentally scan your body from toes to head to be made aware of any discomfort.

FINANCIAL

- ☐ Start a conversation about financial health with your partner or children.
- ☐ Call your cable/internet company and negotiate a better rate.
- ☐ Be intentional about shopping for deals on groceries - compare the difference.

PHYSICAL FITNESS

Visit the [2024 Fitness Page](#) for more.

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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

- ☐ Plan a day just for fun with a loved one.
- ☐ Attend [an event at your local library](#).
- ☐ Take a wonder walk with a loved one. Share with each other what you find beautiful.

NUTRITION

- ☐ Cook and enjoy a homemade meal with a loved one.
- ☐ Check out the Whole U's [Nutrition Resource Guide](#). Identify one handout to try this week.
- ☐ Try to reduce food waste by meal planning. Read [this article](#) about food and sustainability for guidance.

DO GOOD FEEL GOOD

- ☐ Consider volunteering to [spend time with an older adult](#) experiencing loneliness and social isolation.
- ☐ Read an article about the global effort to [provide life-sustaining clean water](#).
- ☐ Make and send a Well Wish Note to [Lifelong's](#) clients using [this how-to guide](#). Brighten the recipient's day!



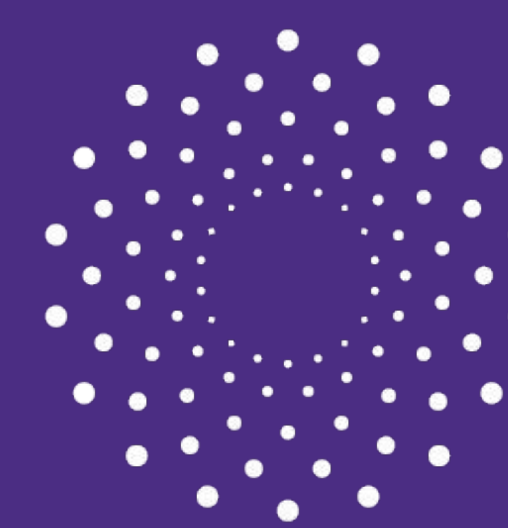
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DARE TO RESTORE 2024

Experience 8 weeks of well-being

WEEK 6



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SUSTAINABILITY

- ☐ Turn off lights in rooms you're not using and unplug / turn off devices when not in use.
- ☐ Reduce your time in the shower by 2 minutes.
- ☐ Turn off the sink water while brushing teeth.

CAREER DEVELOPMENT

- ☐ Visit [Total Talent Management's website](#) to find resources on conducting an interview. Facilitate a mock interview with a coworker.
- ☐ Use this toolkit to set an [informational interview](#) in a field that interests you.
- ☐ Update/refine your resume with [action verbs](#) and these [resume tips](#).

MINDFULNESS & COMPASSION

- ☐ Take 10 minutes to journal your thoughts two times this week.
- ☐ One day this week enjoy 20 minutes in nature.
- ☐ Take a guided meditation with [The Whole U's recorded meditations](#).

FINANCIAL

- ☐ Watch [this BECU webinar](#) on budgeting and consider adjusting or creating your budget.
- ☐ Make a list of low-cost activities to enjoy this month.
- ☐ Reserve an hour this week to check your accounts for unexpected charges.

PHYSICAL FITNESS

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- ☐ Repair – 1 day of 10-45 min restorative movement (Stretching, desk yoga, yoga class) and at least 2 nights of 8 hours' sleep.

CONNECTION

- ☐ Send a thank you card to a someone. Express gratitude for a quality they bring into your life.
- ☐ Reach out to a loved one and take a walk outside this week.
- ☐ Look ahead for summer: Plan a future outing with a loved one, consider camping, hiking or exploring WA.

NUTRITION

- ☐ Reduce processed food and refined carbohydrates two days this week. Notice how your body feels.
- ☐ Include seasonal fruits and vegetables in your meals and snacks [using this seasonal produce guide](#).
- ☐ Eat at least one vegetable in every meal this week.

DO GOOD FEEL GOOD

- ☐ [Consume seafood sustainably](#) to protect our oceans.
- ☐ [Participate in blanket making](#) for a lonely animal at PAWS.
- ☐ [Support families experiencing diaper need](#) by donating or volunteering at a local diaper bank.



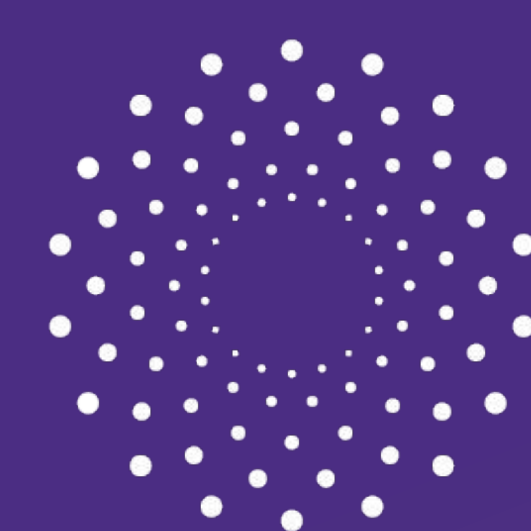
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DARE TO RESTORE 2024

Experience 8 weeks of well-being

WEEK 7



THE WHOLE U
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SUSTAINABILITY

- ☐ Minimize food waste by freezing leftovers.
- ☐ Switch a household appliance to electric.
- ☐ Read this article on [native plants](#). Consider planting one.

CAREER DEVELOPMENT

- ☐ Create a long-term plan for career growth with this [Career Planning Resource](#).
- ☐ Listen to the Career Talks podcast: [Learning to Advance in Your Career with Keena Bean](#).
- ☐ Connect with three people on LinkedIn.

MINDFULNESS & COMPASSION

- ☐ Connect with your body and mind. Take a yoga class on [The Whole U Youtube channel](#).
- ☐ What keeps you calm? Reflect on the peaceful people, objects and places in your life.
- ☐ What are you grateful for today? Write it down.

FINANCIAL

- ☐ Read [this article](#) on budgeting with inflation. Add one tip to your current budget.
- ☐ Learn how to protect yourself from fraud with [this guide](#).
- ☐ Sign up for a free [financial coaching session](#) with BECU.

PHYSICAL FITNESS

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- ☐ Repair – 1 day of 10-45 min restorative movement (Stretching, desk yoga, yoga class) and at least 2 nights of 8 hours' sleep.

CONNECTION

- ☐ Plan a night out with a loved one. If needed, sign up for [SitterCity](#) to enjoy your night out.
- ☐ Connect with those around you. Limit your screen time to 40 minutes a day.

NUTRITION

- ☐ [Use this handout](#) to meal prep lunch this week.
- ☐ Drink at least two glasses of water during dinner each night this week.
- ☐ Try incorporating [new proteins](#) into your meal plans.

DO GOOD FEEL GOOD

- ☐ Get out and [see a play or performance](#). Theatres need our support and seeing a live show rocks!
- ☐ Increase your [awareness and understanding of epilepsy](#), a common neurological condition.
- ☐ Support greater civic engagement by [volunteering to get out the vote](#).



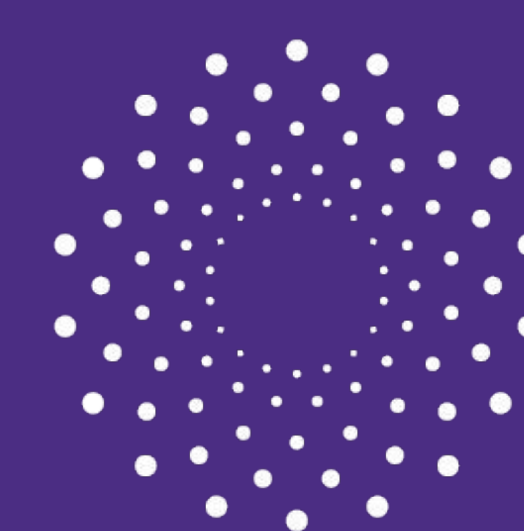
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DARE TO RESTORE 2024

Experience 8 weeks of well-being

WEEK 8



THE WHOLE U
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SUSTAINABILITY

- ☐ Attend [Mindful Purchasing Decisions with UW Sustainability & Recycling](#) on Feb. 28 at noon.
- ☐ Up your recycling game by learning about [why, how and where we should recycle](#).
- ☐ Try using all natural cleaning products.

CAREER DEVELOPMENT

- ☐ Understand your strengths and improvement areas. Ask a colleague for feedback.
- ☐ Review your goals for 2024 and identify two action items to get started.
- ☐ Reflect on your favorite activities from the past eight weeks. Which tools can you revisit?

MINDFULNESS & COMPASSION

- ☐ Place both hands over your heart and feel your heart beat for 5 minutes.
- ☐ Attend the virtual webinar [Laughter is Meditation](#) on Feb. 26 at noon.
- ☐ Carve out 15 minutes each day this week for yourself. Do something calming.

FINANCIAL

- ☐ Get ready for tax season. Organize documents, then find/compare tax services.
- ☐ Assess your retirement savings: Book [a free consultation](#) with Fidelity or TIAA.
- ☐ Visit [BECU's online learning platform](#) and customize a personal playlist.

PHYSICAL FITNESS

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CONNECTION

- ☐ Discover strategies to create a more [inclusive workplace for neurodiverse colleagues](#).
- ☐ Schedule a call this week with a friend or family member you haven't talked with in a while.

NUTRITION

- ☐ Cook with fresh herbs and [spices](#) to elevate flavor and nutrition.
- ☐ Reduce sugar from your meals this week by refraining from dessert.
- ☐ Be present with your dinner. Put away distractions, your phone and turn off the television.

DO GOOD FEEL GOOD

- ☐ Learn [how to participate in the UWCFD](#).
- ☐ Attend a [virtual webinar on Feb. 29](#) at noon to learn more about UW Food Pantries.
- ☐ Read [this article](#) to discover how you can support and engage the UW community for Black History Month.



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