

# 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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## 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](#).

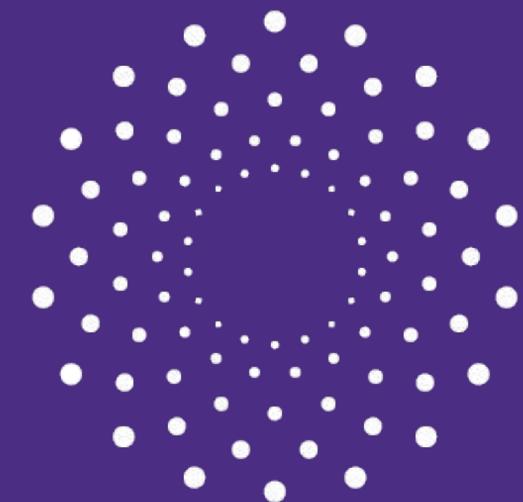
## MINDFULNESS & COMPASSION

- 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.

# WEEK 2



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## PHYSICAL FITNESS

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## 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

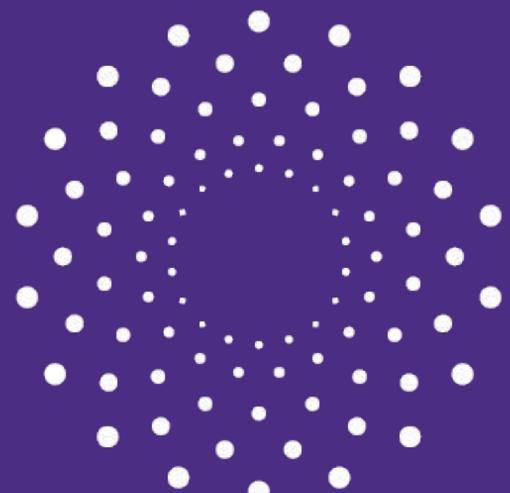
- [Encourage literacy in your community](#) by donating to or building a free library.
- Pick up debris on the beach with [PugetSoundkeeper](#), or on your own.
- [Give blood](#): Support the American Red Cross's blood supply.



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# WEEK 3



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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

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## 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

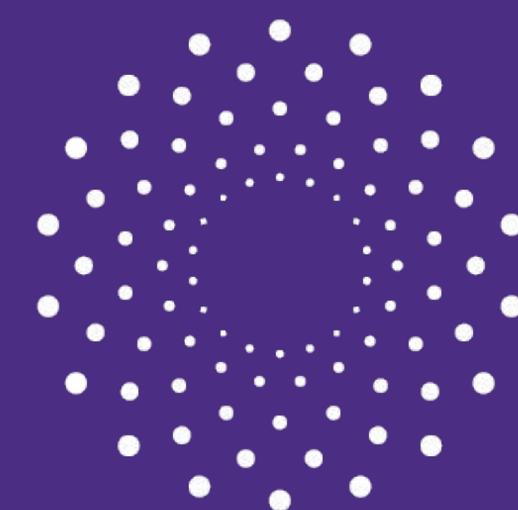
- Learn how to [support Pacific Northwest bird conservation](#). Consider birdwatching this week!
- Support those suffering from food insecurity. [Learn about the needs in your community here](#).
- Clean out your closet! Take a few hours this week to donate gently used clothing, shoes and accessories.



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# WEEK 4



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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

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## 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.

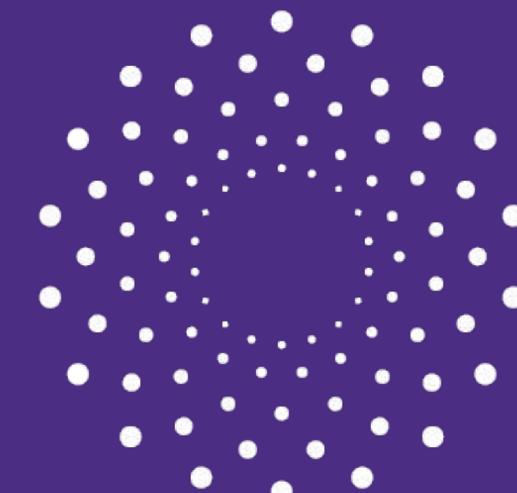
## DO GOOD FEEL GOOD

- 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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# 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

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## 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

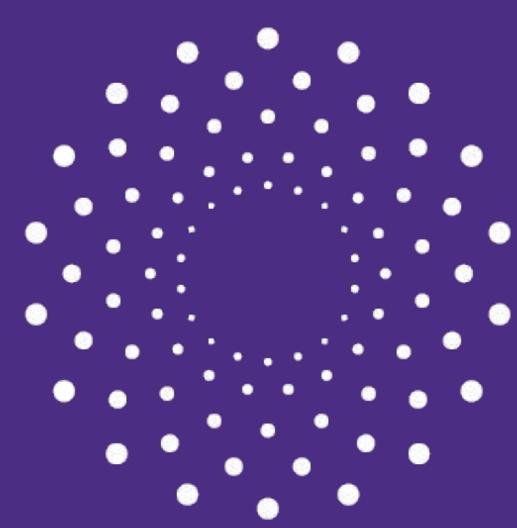
- Consider volunteering to [spend time with an older adult](#) experiencing loneliness and social isolation.
- Read an article about the global effort to [provide life-sustaining clean water](#).
- Make and send a Well Wish Note to [Lifelong's](#) clients using [this how-to guide](#). Brighten the recipient's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



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# 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.

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## 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.

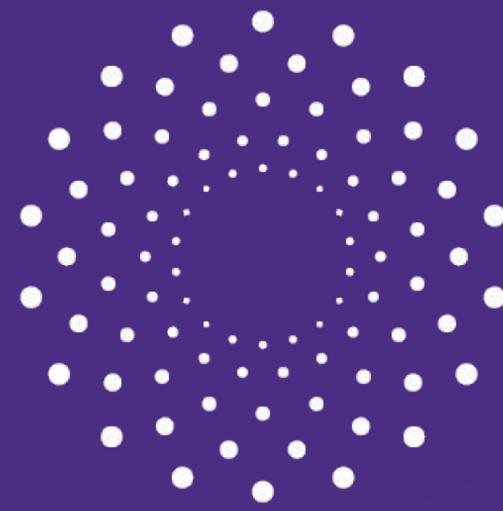
## DO GOOD FEEL GOOD

- [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.

# DARE TO RESTORE 2024

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# WEEK 7



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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.

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## 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

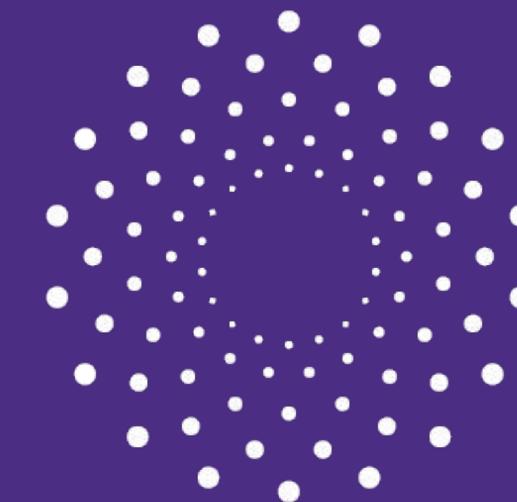
- Get out and [see a play or performance](#). Theatres need our support and seeing a live show rocks!
- Increase your [awareness and understanding of epilepsy](#), a common neurological condition.
- Support greater civic engagement by [volunteering to get out the vote](#).



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# WEEK 8



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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.

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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.