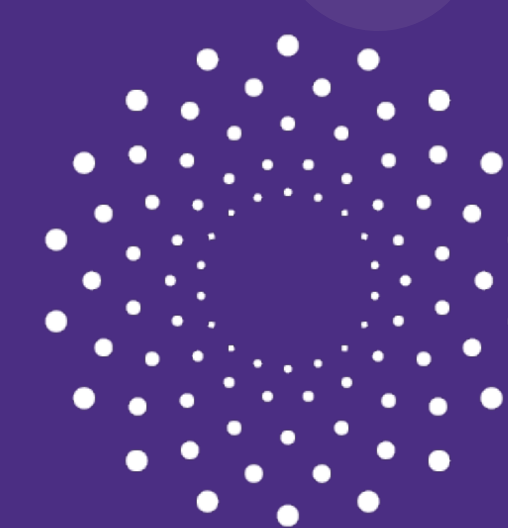


DARE TO BE 2023

Experience 8 weeks of well-being

WEEK 2



THE WHOLE U
UNIVERSITY of WASHINGTON

SUSTAINABILITY

- Collect compost (Don't throw food waste in trash).
- Take public transportation or carpool.
- Bring your own lunch to work.

CAREER DEVELOPMENT

- Review your job description. Highlight 3 areas to grow in or focus on this year.
- Watch the webinar [Creating a Work or Home-Based Ergonomic Workspace](#).
- Take a [personality assessment](#).

MINDFULNESS & COMPASSION

- Try doing a good deed or helping out a friend.
- Pay attention to the sounds around you and notice these sounds throughout the day.
- Join The Whole U for [Monday Meditation](#).

FINANCIAL

- Pick a day to sit down and review your spending each month.
- Learn how to improve credit with [this article from BECU](#).
- Create a financial vision board to have a visual reminder of your financial goals.

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

- [Update or make your will](#) to protect your interests and loved ones.
- [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 make you feel guilty about food.
- Learn how to [make breakfast work for your personal needs](#).

DO GOOD FEEL GOOD

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

