

Tune Into You Challenge Overview

What is the Tune Into You Challenge?

The Tune Into You Challenge encourages employees to participate in daily mindfulness activities throughout the course of a month. The goal of this challenge is to help employees reduce stress and burnout, stay grounded and tune into their thoughts and feelings without judgement. This challenge offers education on the benefits of mindfulness and tips on how to incorporate the practice into your everyday life.

Why do the Tune Into You Challenge?

Mindfulness is the practice of focusing on the present moment by observing one's thoughts and feelings without judgement. This can be done through meditation or everyday activities. According to the American Psychological Association, mindfulness and meditation can change our brain in positive ways, improving mental and physical health. Mindfulness is an effective tool to reduce stress, anxiety and depression. It is also linked to long term benefits such as reduced chronic pain, disease prevention and healthier relationships. By practicing mindfulness, individuals can improve their overall health and wellbeing.

How does the Tune Into You Challenge work?

1. **Pick dates** to run the challenge. The tracker runs for 4 weeks.
2. **Decide on prizes** if you plan to offer them. *It is the employer's responsibility to ensure that incentives and prizes comply with all ACA and IRS regulations. Consult with your legal counsel for guidance.*
3. **Customize the tracker.** Add instructions for turning it in (when, to whom) in the light blue box before distributing it electronically or printing it.
4. **Promote the challenge** frequently and using multiple methods (e-mail, flyers, etc.). Send your first promotion at least 2 weeks prior to the start of the challenge. Customize the flyer to include sign-up instructions, dates of the challenges and what the prizes are, if offering any.
5. **Send the daily motivational messages** at the beginning of each week.
6. **Celebrate** everyone's success!

Included in this toolkit:

- Flyer Template
- 4-week tracker
- Daily motivational messages
- Post-challenge survey

Here are some additional resources:

- American Psychological Association (APA), [Mindfulness meditation: A research-proven way to reduce stress](#)
- News in Health (NIH), [Mindfulness for Your Health | NIH News in Health](#)
- Psychology Today, [Mindfulness | Psychology Today](#)