



Week 3: Mental Emotional Resilience

Track your points each week for a chance to win prizes for the 31 Days of Wellness. At the end of the 31 Days of Wellness, participants will submit their total score online.

Prizes:

- All registered participants are eligible to win prizes.
- Grand Prize for Top Individual with the most points.
- Catered Lunch for top student team (limit 10) with the most combined points.
- Catered Lunch for the top staff/faculty team (limit 10) with the most combined points.

Point Breakdown:

- 1 Point for attending 31 Days of Wellness Sponsored Event w/stamp.
- 1 point for commenting/sharing event attendance via social media #mycpwell.
- 1 point for participating in *Self-Guided Activity*.
- 1 point for sharing via social media what you did for your self-guided activity #mycpwell.

Example social media post: "Today I stopped by the community wellness fair and got a free t-shirt for participating in the 31 Days of Wellness Campus Challenge" #mycpwell

Date	Event/Activity	Attended/ Participated	Social Media	
Example	May Day Wellbeing Fair	1	1	
Monday, May 15	Mindful Monday 4:10pm-5:00pm @ Bldg 27 Rm 137			
Monday, May 15	Self-Guided -10 Minute Headspace Meditation @headspace.com			
Tuesday, May 16	QPR – Suicide Intervention Skills Training 3:10pm – 4:30pm 27 -153			
Tuesday, May 16	Self-Guided - Share 3 things you are grateful for and why.			
Wednesday, May 17	Self-Guided - 10 Minute Headspace Meditation @headspace.com			
Wednesday, May 17	Mental, Emotional, Resilience Fair 11:00am -1:00pm Mustang Way			
Thursday, May 18	Learn @ Lunch w/ Kelly Bennion: Sleep, Memory & Emotion			
Thursday, May 18	Harnessing Unplanned Events for Career Opportunities 27-117			
Thursday, May 18	ASI Mustang Mile 6:30pm – 8:30pm Mustang Way			
Friday, May 19	Bike to Work Day 7:30am – 8:30am Mustang Way			
Friday, May 19	Self-Guided - 10 Minute Headspace Meditation @headspace.com			
Friday, May 19	Mental Health First Aid 8:30am – 4:30pm 27-153			
Saturday, May 20	Self-Guided - Tell us about a meaningful experience that help you get to Cal Poly.			
Sunday, May 21	Self-Guided - 10 Minute Headspace Meditation @headspace.com			
Total Points		___ /14	___ /14	= ___ / 28