

Mind Over Mood

A Mental Wellness Challenge



Today's Objectives

1. Gain an understanding of how the challenge works.
2. Sample some of the challenge behaviors and identify their impact on your own mood.
3. Understand how to implement this onsite intervention in a workplace setting.

Mind Over Mood Challenge Flow

1. Challenge Introductory Kickoff Meeting
2. Signups/Pre-Event Survey (2 weeks)
3. Challenge Execution (3 weeks)
4. Challenge Wrap Up/Credit/Prizes/Evaluation

Mind Over Mood

Kickoff Meeting

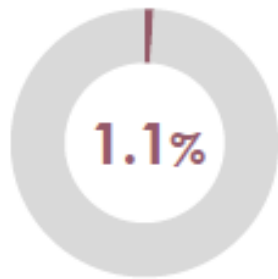


What is Mental Health?

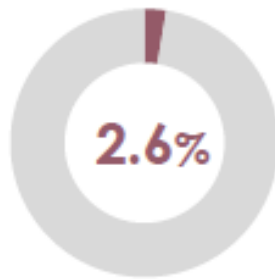
Mental health is a state of well-being in which the individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community.

-World Health Organization

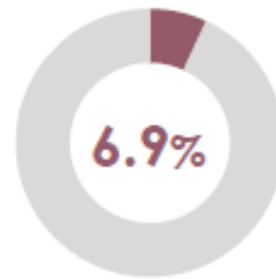
Mental Illness By Diagnosis



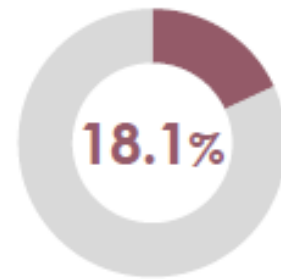
1 in 100 (2.4 million)
American adults live
with **schizophrenia**



2.6% (6.1 million)
of American adults
live with **bipolar
disorder**



6.9% (16 million)
of American adults
live with **major
depression**

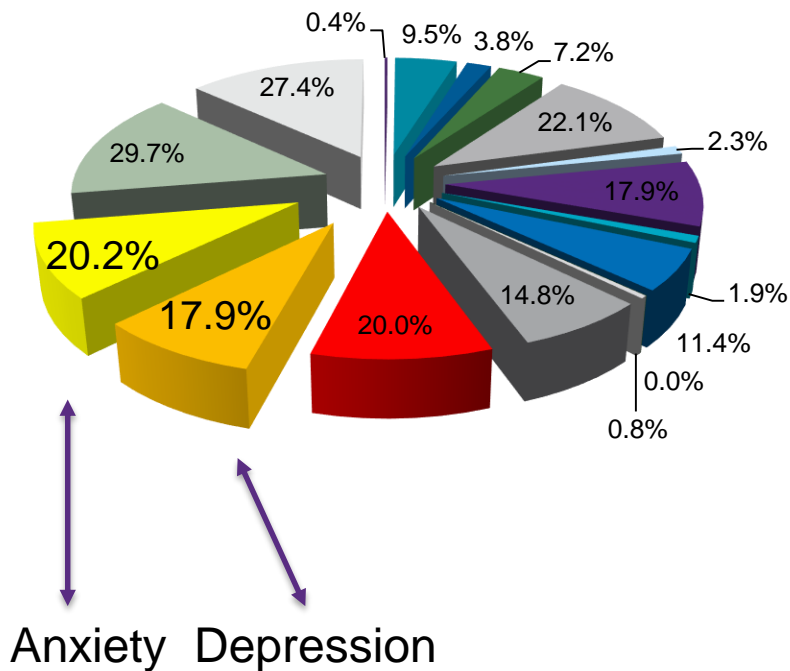


18.1% (42 million)
of American adults
live with **anxiety
disorders**

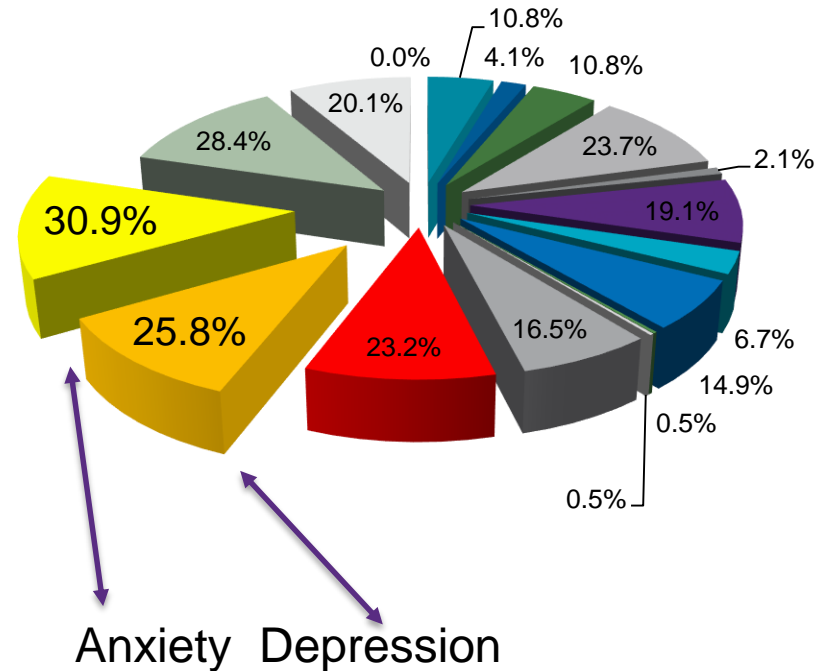
How are we doing at
HealthEquity?

HQY Stats

2015 Wellness Assessment Self-Reported Health Concerns



2016 Wellness Assessment Self-Reported Health Concerns



Self-reported anxiety has increased by 10%, and depression by 8%

Definition of Depression

- A “state” of feeling sad
- A serious medical condition in which a person feels very sad, hopeless, and unimportant and often is unable to live in a normal way

Definition of Anxiety

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome

How can depression interfere?

- Affects our physical well-being, resulting in chronic fatigue, sleep problems, and changes in appetite
- Affects the way we think, interfering with concentration and decision making
- Lose things, lose track of things and can't always remember what day it is
- We stop eating, or caring what we eat and whether it tastes good
- On the flip side, we may be eating all the time due to boredom and hope that food will somehow satisfy the vacant feeling we have

How can anxiety interfere?

- Trembling, twitching, or shaking.
- Breathlessness or rapid heartbeat.
- Lightheadedness or dizziness.
- Sweating or cold, clammy hands.
- Muscle tension, aches, or soreness
- Sleep problems, such as the inability to fall asleep or stay asleep, early waking, or restlessness (not feeling rested when you wake up).

Risk Factors: Depression

- Medical
 - Biochemical, Sleep Disorders, Genetics, Serious Illness
- Social
 - Abuse, Gender, Lack of Social Support, Major Life Event
- Substances
 - Substance Abuse, Medications



Risk Factors: Anxiety

- **Stress due to an illness-** Having a health condition or serious illness can cause significant worry about issues such as your treatment and your future
- **Having blood relatives with an anxiety disorder.** Anxiety disorders can run in families
- **Stress buildup.** A big event or a buildup of smaller stressful life situations may trigger excessive anxiety — for example, a death in the family, work stress or ongoing worry about finances
- **Other mental health disorders.** People with other mental health disorders, such as depression, often also have an anxiety disorder
- **Drugs or alcohol.** Drug or alcohol use or abuse or withdrawal can cause or worsen anxiety

Management of Symptoms

- Depression
 - Set goals
 - Exercise (belief system)
 - Eat healthy
 - Get enough sleep
 - Challenge negative thoughts
 - Do something new
 - Look for support from people who make you feel safe and cared for



Management of Symptoms:

- Anxiety
 - Take a time-out
 - Eat well-balanced meals
 - Limit alcohol and caffeine
 - Get enough sleep
 - Exercise daily
 - Take deep breaths
 - Accept you cannot control everything
 - Maintain a positive attitude
 - Learn what triggers your anxiety



Mind Over Mood

Challenge Details



Mind Over Mood Challenge Purpose:

- Educate
- Raise Awareness
- Exposure to Strategies
- Build Relationships

What Participants Will Do:

1. Form A Group

2. Complete Signup Survey

- signup deadline Mon, 9/26
- challenge dates: Mon, 9/26- Fri, 10/14

3. Participate in group activities 3 days/wk

4. Optional: Bonus Writing Competition



Groups:

- 2-5 People
- Can include spouses, dependents, friends, teammates
- Elect team captain
- Sign up at:
www.surveymonkey.com/r/2016premindovermood

Team + Individual Activities:

Team Activities

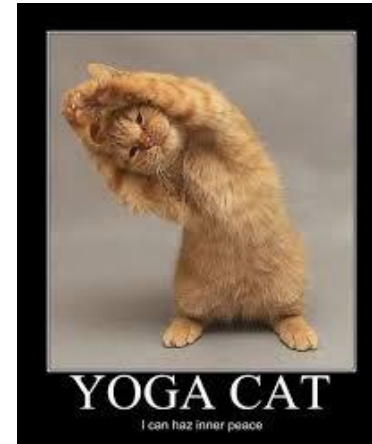
- Complete at least 3 team activities each week
- Each group must do every team activity at least once
- Team Activities (must be completed as a team)
 - **At least One Educational Piece** (See Wellness page on the Exchange)
 - **Stretch for 10 minutes**
 - **Go on a 10 minute walk**
 - **Guided Meditation** (provided free onsite, Tuesdays and Fridays; see Wellness page on the Exchange)
 - **Eat a meal together**
 - **Exercise**
 - **Free write for 10 minutes**

Individual Activities

- Complete both every day during the challenge
 - **Positive Affirmation**
 - **Gratitude Log**

Why these activities:

- **Stretching**- Spend 10 minutes doing stretches or yoga. Stretching relieves stress and anxiety and can improve sleep.
- **Walks**-Take a 10 minute walk. Along with the physical health benefits, taking a walk reduces stress, improves sleep, and helps to diminish depression.



Team Activities Cont.:



- **Eat Together-** Eating a meal together allows time for reflection, discussion, and the feeling of belonging.
- **Exercise-** Most population studies have found that physically active individuals are less likely to develop depression, and studies also support decreased anxiety and increased extraversion. HIIT has shown reduced fear of anxiety-related bodily sensations.

Team Activities Cont.

- **Guided Meditation-** Participate in an onsite meditation session. Meditation helps with the racing thoughts that come with anxiety by quieting the overactive mind. Through regular practice, you can detach yourself from these to rest in your own being. This involves remaining centered, and if pulled out of your center, meditation practice allows you to return there again.



Pining.com

Team Activities Cont.

- **Writing-** Studies have shown significant drops in depression in those who participated in expressive writing. This is another way to express your deepest thoughts and feelings. Spend at least 10 minutes free writing on anything you'd like.

Bonus Writing Competition!

- **Rules for Writing**
 - No Longer than two pages
 - One submission per person
 - Must be submitted by end of the challenge
 - Can be any form and any topic: Short stories, poems, haikus, etc...
- Winning piece will receive an Amazon gift card!



Individual Daily Activities

- **Gratitude Log-** Each day write in your gratitude log at least three things that you're grateful for. Research has shown that keeping a gratitude journal leads to improved psychological and physical health.

Individual Daily Activities Cont.

- **Positive Affirmations-** Start every day by saying positive affirmations (I like myself. Today will be a good day I like my job.) These are meant to encourage a life filled with positivity and gratitude. It is a statement about ourselves or situation, phrased in the present tense, and is something that is true about ourselves. This will help change your thought process and move you away from the negative.



Pinterest.com

Additional info:

- **Team captains are responsible**
 - You need to make sure your group is participating and you are keeping track of the activities that have been completed.
- **What to do if you are gone**
 - You can make it up, just attend an extra activity and talk to your group and captain about the experience.
- **Where to get educational pieces**
 - The educational pieces are found on the Wellness page of the Exchange
- **When guided meditation will be held**
 - Sessions held every Tuesday at 10a and Friday at 12:30p, see Wellness calendar on the Exchange for location and dial-in info.

Participation Trophies

- A greater knowledge base about depression and anxiety
- Your choice of 3 prizes:
 - HQY Journal **OR**
 - One month subscription to HeadSpace **OR**
 - Stress relieving adult coloring book
- Wellness credit for Mental/Intellectual Activity
(*Must Complete Entire Challenge!*)

Mind Over Mood

Try it out!



What Participants Will Do:

1. Complete daily individual activities

1. Positive Affirmations
2. Gratitude Journal



2. Form A Group/Team Captain

3. Participate in group activity

Individual Activities

Individual Activities

- **Positive Affirmation**
- **Gratitude Log**

Positive Affirmations

- New brain research, called neuroplasticity, shows that the brain has the ability to form and reorganize its connections, especially in response to learning or experience. This ability can create lasting changes to the brain, including the regions associated with attention, anxiety, depression, fear, and anger, among other things.
- Positive affirmations (positive self-talk) are repetitive experiences you put your brain through; think of them like mental exercises. They are meant to encourage a life filled with positivity and gratitude. A positive affirmation is a statement about ourselves or a situation we face, phrased in the present tense, saying something that we want to be true. Regularly saying positive affirmations will help change your thought process and move you away from the negative and towards the goal you envision for yourself. Positive affirmations not only affect your subconscious, but studies show that they improve education, health, and relationship outcomes, with benefits that sometimes persist for months and years. Some examples of positive affirmations are:
 - “I am charitable towards others and help them where I see need.”
 - “I give amazing presentations full of confidence and energy!”
 - “I appreciate my body.”
 - “I inspire others to be kind.”
 - “I help lift others’ spirits every day.”

Positive Affirmations

For this activity, each participant should choose at least one positive affirmation that they would like to say to themselves and say it to themselves at least three times at the beginning of each day.

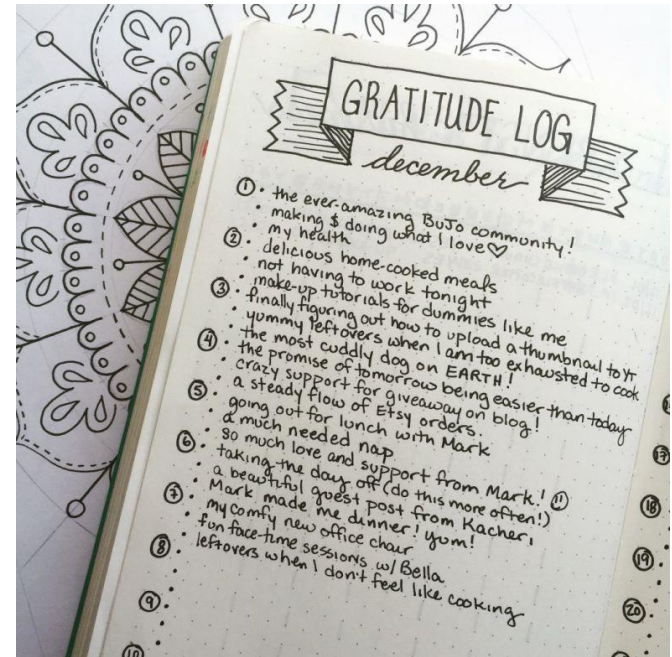


Gratitude Log

Research has shown that keeping a gratitude journal leads to improved psychological and physical health. It reduces a multitude of toxic emotions, effectively increases happiness, reduces depression, enhances empathy, reduces aggression, improves self-esteem, increases mental strength, and on and on and on!

Gratitude Log

For this activity, write down at least three things each day that you are grateful for.



Team Activities

Team Activities

- **Stretch for 10 minutes**
- **Go on a 10 minute walk**
- **Guided Meditation**

Be back in 12
minutes!

Team Activity- Guided Meditation









www.headspace.com

Mind Over Mood

Program Administration



Communications

| Title | Audience | Target Send Date | |
|-------------------------------|------------------|-----------------------------------|--|
| Mind Over Mood Challenge | All Team Members | 3 wks prior to start |  Mind Over Mood Challenge.msg |
| Team Captain Email | Team Captains | 1 week prior to start |  Mind Over Mood-Team Captains.msg |
| Challenge Kickoff | All participants | Challenge Start |  Mind Over Mood Challenge.msg |
| How's Your Team Doing? | Team Captains | Halfway through challenge |  How's Your Mind Over Mood Team Doing.msg |
| Challenge Follow Up | All participants | Challenge Completion |  Mind Over Mood Challenge Follow Up.msg |
| Challenge Follow Up- Captains | Team Captains | Challenge Completion |  Mind Over Mood Challenge Follow Up- Captains.msg |
| FINAL Challenge Follow Up | All participants | 1 week post challenge completion |  FINAL Mind Over Mood Challenge Follow Up.msg |
| Survey Prize | All participants | 2 weeks post challenge completion |  Mind Over Mood Survey Prize.msg |

MIND OVER MOOD

A challenge to boost mental health habits and educate on mental health issues, including depression and anxiety

Learn about the two most commonly reported health conditions at HealthEquity and across Utah: depression and anxiety. Gain a better understanding about their effects and how certain activities can help while earning credit for wellness dollars as a Mental/Intellectual activity.

CHALLENGE DETAILS

September 26-October 14

Choose a group of 2-5 people (team members, friends, spouses or dependents)

Three days a week, teams will choose activities from the list below to complete:

- Educational piece
- Stretch
- Walk
- Guided meditation (provided free onsite)
- Eat together
- HIIT (high intensity interval training)
- Gratitude log (required every day)
- Positive affirmations (required every day)

CHALLENGE KICKOFF

September 14
1:00 - 2:00 pm
Cadbury

Come hear from a terrific educational speaker with great insight on depression and anxiety.

Initial Announcement


Interested? Sign up today at:

surveymonkey.com/r/2016PreMindOverMood

HealthEquity®

2016 Mind Over Mood Signup Survey

Health Behaviors

1. Who is your team captain and who are the other members on your team? (Can include team members, spouses, dependents) 

Captain (Required)

Participant 1 (Required)

Participant 1 Email (Optional, if not HQY team member)

Participant 2 (Optional)

Participant 2 Email (Optional, if not HQY team member)

Participant 3 (Optional)


Participant 3 Email (Optional, if not HQY team member)

Participant 4 (Optional)

Participant 4 Email (Optional, if not HQY team member)

Participant 5 (Optional)

Participant 5 Email (Optional, if not HQY team member)

2. Where do you work? 

☐ Utah-Draper office

☐ Utah-Remote

☐ Outside UT

Done


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 SurveyMonkey[®]


Sign-up Survey

2016 Pre-Challenge Mind Over Mood Survey


Demographics


1. What age group do you fall into? 

- ☐ 18-24
- ☐ 25-45
- ☐ 46-64
- ☐ 65+

2. What is your gender? 


- ☐ Male
- ☐ Female

 Please answer before completing the survey.

* 3. What made you want to participate in this challenge? 

- ☐ The social aspect/ being on a team with others
- ☐ Educational- Information
- ☐ Educational- Skills
- ☐ Wellness Credit
- ☐ Fun Events
- ☐ Good way to have accountability towards meeting your personal health goals
- ☐ Good way to build new habits


Other (please specify)

4. How many people, including yourself, do you know who suffer from depression or anxiety? 

5. Do you have strategies and knowledge of resources to help you address mental health concerns you may have?



- ☐ Yes
- ☐ No


6. Do you know the causes of depression and anxiety? 

- ☐ Yes
- ☐ Somewhat
- ☐ No


Pre-Event Survey

2016 Pre-Challenge Mind Over Mood Survey


Health Behaviors

7. How many minutes, if any, do you spend on social media a day? 


- ☐ 0-10
- ☐ 10-30
- ☐ 30-60
- ☐ 60-120
- ☐ Always on social media

8. How often do you spend time doing activities with others? 

- ☐ Almost never
- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ Almost every day

9. How often do you spend time doing outdoor activities? 

- ☐ Never
- ☐ 1-2 days a week
- ☐ 3-4 days a week
- ☐ Always try to spend time outside


10. How many hours of sleep do you get in an average night? 

Prev


Next

Pre-Event Survey


Health Outcomes

11. How often do you laugh? 


- ☐ 0-2 days per week
- ☐ 3-5 days per week
- ☐ 6-7 days per week

12. How would you rate your overall mood? 


| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Bad | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Good |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

13. Have you been diagnosed with any of the following mental health diagnoses? 


| | Yes, I have been diagnosed by a clinician | Yes, I am self diagnosed | No | Unsure |
|--------------------------------|---|--------------------------|-----------------------|-----------------------|
| Depression | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Seasonal Affective Depression | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bipolar Disorder | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Postpartum Depression | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Post Traumatic Stress Disorder | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Social Anxiety | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| General Anxiety Disorder | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Obsessive Compulsive Disorder | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Panic Attacks | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

14. In an average day how much energy do you feel you have? 


| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, No energy | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Very energetic |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

15. In an average day to what degree do you feel... 


| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Tired | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Very refreshed |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

16. In an average day how likely are you to have a positive outlook? 

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Not positive | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Very positive |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

17. In an average day to what degree do you feel... 

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Tense | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Relaxed |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

18. In an average day to what degree are you... 

| | | | | | | | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------|
| 1, Unable to concentrate | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Able to concentrate |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Pre-Event Survey

Tracking Sheet

Mind Over Mood Activity Tracking Sheet

Team Captain:

Team Members:

Team Activities

| |
|-------------------|
| Educational Piece |
| 10' Stretch |
| 10' Walk |
| Guided Meditation |
| Eat Meal Together |
| 10' Exercise |
| Free Writing |

| Week 1 | | | Week 2 | | | Week 3 | | |
|--------|---|---|--------|---|---|--------|---|---|
| 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Individual Daily Activities

| | Week 1 | | | | | Week 2 | | | | | Week 3 | | | | |
|-----------------------|--------|------|-----|-------|-----|--------|------|-----|-------|-----|--------|------|-----|-------|-----|
| | Mon | Tues | Wed | Thurs | Fri | Mon | Tues | Wed | Thurs | Fri | Mon | Tues | Wed | Thurs | Fri |
| Gratitude Log | | | | | | | | | | | | | | | |
| Positive Affirmations | | | | | | | | | | | | | | | |

HealthEquity Wellness Team

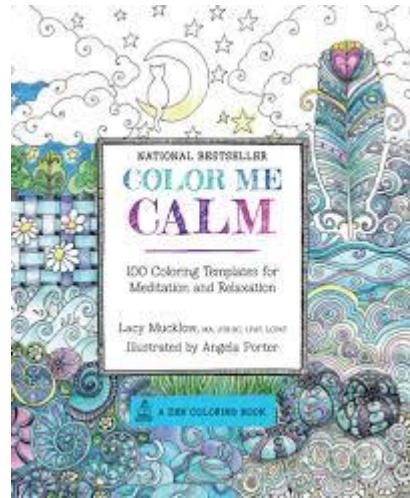
#HQYWellness



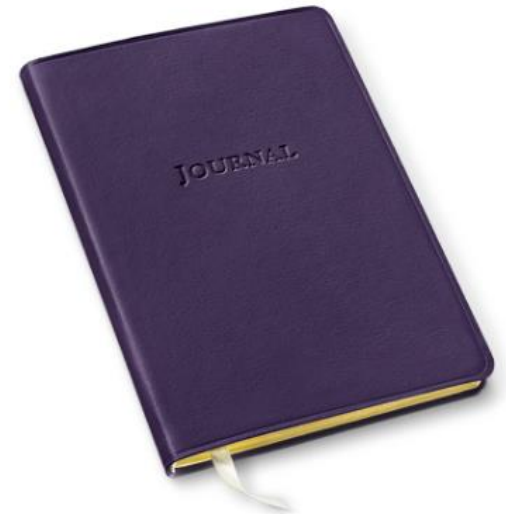
Prizes



1 month subscription



Calming Coloring Book



Journal

2016 Post-Event Mind Over Mood Survey

Health Behaviors

1. What age group do you fall into?

- ☐ 18-24
- ☐ 25-45
- ☐ 46-64
- ☐ 65+

2. Gender?

- ☐ Male
- ☐ Female

3. How would you rate your overall mood?

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Bad | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Good |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4. How often do you spend time doing activities with others?

- ☐ Almost never
- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ Almost always

5. How often do you spend time doing outdoor activities?

- ☐ Never
- ☐ 1-2 days a week
- ☐ 3-4 days a week
- ☐ Always try to spend time outside

Post-Event Survey

6. How often do you break up your sitting time by moving? e.g. stretching, getting a drink of water, walking around, going to the bathroom

- ☐ every hour
- ☐ every 2 hours
- ☐ every 3 hours
- ☐ every 4 hours
- ☐ twice a day
- ☐ once a day
- ☐ none, I park it and leave it until it's time to punch out!
- ☐ Other (please specify)

7. How many hours of sleep do you get in an average night?

8. How many minutes, if any, do you spend on social media a day?

- ☐ 0-10
- ☐ 10-30
- ☐ 30-60
- ☐ 60-120
- ☐ Always on social media

9. How often do you laugh?

- ☐ 0-2 days per week
- ☐ 3-5 days per week
- ☐ 6-7 days per week

10. How do you feel about the coming 6 months?

- ☐ Very concerned and worried, the coming 6 months are going to be very difficult for me.
- ☐ Moderately concerned and worried, the coming 6 months are going to be difficult.
- ☐ Neither concerned nor optimistic, the coming 6 months are going to be pretty much then same as usual for me.
- ☐ Moderately optimistic, I think the coming 6 months are going to be good for me.
- ☐ Very optimistic, I am looking forward to the coming 6 months, things are going well for me.

Post-Event Survey

11. In an average day how much energy do you feel you have?

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, No energy | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Very energetic |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

12. In an average day to what degree do you feel...

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Tired | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Very refreshed |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

13. In an average day would how likely are you to have a positive outlook?

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Not positive | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Very positive |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

14. In an average day to what degree do you feel...

| | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1, Tense | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Relaxed |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

15. In an average day to what degree are you...

| | | | | | | | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------|
| 1, Unable to concentrate | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10, Able to concentrate |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

* 16. What made you want to complete this challenge?

- ☐ The social aspect/ being on a team with others
- ☐ Educational- Information
- ☐ Educational- Skills
- ☐ Wellness Credit
- ☐ Fun Events
- ☐ Good way to have accountability towards meeting your personal health goals
- ☐ Good way to build new habits

Other (please specify)

Post-Event Survey

17. Do you work at.....

- ☐ Utah Corporate
- ☐ Utah Remote
- ☐ Out of State

18. Do you feel that the challenge helped you grasp a greater understanding of depression and anxiety?

- ☐ Yes
- ☐ No

19. Do you think this challenge gave you tools to help yourself or anyone you know with depression and anxiety?

- ☐ Yes
- ☐ No

20. What did you like about this challenge?

21. What suggestions do you have or what would you have liked to see differently?

22. Name (Optional for prize drawing)

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Done

Post-Event Survey

Questions?



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THANK YOU!