

# Uplift

## MENTAL WELLNESS TEAM CHALLENGE

Ready to build moments of reflection into your daily routine with easy yet impactful mental wellness challenges? This team challenge is designed to help you build healthier habits, form connections, and reduce stress.

Together, you'll work towards shared goals and create a positive, uplifting work environment for everyone!

### Why “Uplift”?

In Canada, many people are finding it tough to juggle daily responsibilities and emotional well-being. A 2023 survey revealed that 40% of Canadians felt their stress levels had increased over the past year, with working-age adults experiencing the highest surge. That's where the “Uplift” Mental Health Team Challenge comes in! This exciting challenge is designed to help you take active steps to manage stress and anxiety while promoting mental wellness in the workplace.

From individual activities like practicing meditation and keeping a gratitude journal to team-based goals like expressing gratitude to your colleagues, “Uplift” aims to positively impact not only your mental well-being but also your sleep, physical health, and relationships!

### Join the Challenge!



Focus on wellbeing and keep your team accountable



Form new healthy habits and try something new



Connect with teammates in a fun way



# Join the fun!

DISCOVER SIMPLY WAYS TO  
BOOST YOUR WELL-BEING AS A TEAM

Each week, you'll focus on a simple and exciting goal aimed at managing stress and anxiety. These bite-sized challenges are designed to positively impact not only your well-being but also the well-being of those around you. Let's make positive changes together and uplift each other!

As a team, you will track your completion against weekly goals that follow these four themes:



## Week 1: Daily Meditation

Complete a short meditation of 10-15 minutes each day.

## Week 2: Gratitude Journal

Create a list each day of 5-10 things for which you are grateful.

## Week 3: Giving Thanks

Share a statement of gratitude towards your team.

## Week 4: Creative Activity

Take part in a creative activity of your choosing.

## Are you ready to “Uplift”?

You can join the challenge in two ways:

1. **Lead the Way!** Become a Challenge Lead and access step-by-step instructions in the Library of the Health & Wellness Centre.
2. **Join the Fun!** Receive an email with all the details from a Challenge Lead.

No matter how you choose to participate, this is your chance to spark positive change and enjoy the journey with your team!

**Learn more at [TeladocHealth.ca](https://www.teladochealth.ca)**

About Teladoc Health: Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

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