



# Be the Spark

Positivity Challenge

Spark positivity in your home,  
community, and in yourself.



## Spark happiness in your home and community

### A little goes a long way.

Welcome to Be the Spark! You have the power to make a difference—for yourself and for those around you. During this four-week challenge, you'll complete daily tasks that spark positivity in your home, in your community, and in yourself. This week we're starting with your home and your community.

#### Spark happiness in your home:

No matter where you call home, it's important to build a warm, comforting environment to promote health and relaxation. These tips are a great place to start your journey and spark even more happiness in your life and in the lives of those around you.

- **Minimize clutter.** A clean(er) space can help calm frazzled minds, and you can enjoy the process! Next time you tidy, turn on a podcast or some music to help boost your mood and promote relaxation.
- **Take a social media break.** Social platforms are entertaining, but they're also known to cause stress. Switch off your notifications while at home (or even delete the most stress-inducing apps), so you can tune in to yourself and those around you.
- **Create a calming space.** Design your own little sanctuary. Calming music, soothing scents, and a little greenery can have powerful psychological effects.

#### Spark happiness in your community:

A sense of connection to your community is another way to strengthen emotional health. Use these tips to spark positivity in yourself and those around you.

- **Get involved.** Simple things like shopping small and participating in local events can help cultivate a sense of connection and even build friendships.
- **Donate time or resources.** Getting involved in local food drives, volunteering to help essential workers, or just doing your neighbor a favor are all potential ways to increase feelings of social connectedness.
- **Walk it out.** Charity walks and runs combine the physical and mental benefits of exercise with the emotional benefits of community service. Research causes in your area and get involved in their next event!

### Your week one task

Spark a little happiness in your home or community. This can be accomplished in many ways, such as tidying up your space, lending a helping hand, adding some greenery to your home, or anything else you can think of.

Each day you accomplish this task, visit the platform and check "I Did This" on your challenge to-do list.

### Next week

The selfless and "just for you" benefits of practicing gratitude.





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## The selfless and benefits of practicing gratitude

### Mindfulness matters.

Mental and emotional health are just as important as your physical health. Meditation and gratitude are both powerful tools proven to help reduce stress, ease anxiety, improve emotional health, and much more! If you're new to either of these practices, learn how you can dive in with the tips below.

#### Meditation tips for beginners:

- **Release expectations.** Try to approach each time you meditate as an opportunity to get to know your own mind better. As with most things, meditation yields long-term results. It's not a quick fix.
- **Set a schedule.** Choose a time to meditate and stick to it. This makes it easier to establish a daily habit, and you're more likely to see benefits when you practice each day.
- **Be kind to yourself.** Meditation is all about being kind to your mind. Some days, quieting your thoughts might be more difficult than others. That's okay! It's a meditation practice—it won't always be perfect.

#### Gratitude tips for beginners:

- **Keep a gratitude journal.** This practice helps remind you of all the good things you enjoy—no matter how small.
- **Be intentional.** As you go about your day, be mindful of the moments that bring you joy. When you feel the automatic urge to say thank you, get curious and consider what you're truly grateful for in that moment. How does it make your day better, easier, or more enjoyable?
- **Keep at it.** As with anything worth doing, seeing the benefits of gratitude take time. There will be days when you feel like you must dig deep to find something you're grateful for. It's all part of the process.

### Your week two task

Complete a 10-minute meditation or 10 minutes of gratitude journaling. Each day you accomplish this task, visit the platform and check "I Did This" on your challenge to-do list.

### Next week

Adapt, adapt, adapt—staying positive during changing circumstance.





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## Adapt, adapt, adapt

### Staying positive during changing circumstance.

Uncertainty is a part of life. And while it's necessary for change and growth, it can also be unsettling. If you're feeling anxious or lost, take comfort in the fact that you're not alone. In this fast-paced world, adaptability—along with overlapping traits like resilience and emotional intelligence—can help you take on new opportunities or challenges while still feeling in control of your emotions and reactions.

Strengthen your adaptability so you can take on changing circumstances with more confidence. Get started with these three tips:

1. **Expand your comfort zone.** It's difficult to adapt to change if you're stuck in a pattern. Get used to being uncomfortable by challenging yourself to try new things. Trying (and failing) is a powerful way to learn, grow, and strengthen your response to adversity.
2. **Learn from your mistakes.** Sometimes losing is even more valuable than winning. Look back at the times when you "failed." What did you learn? How did you improve? Challenge yourself to see mistakes as an opportunity to learn and grow, rather than a pointless setback.
3. **Give yourself some love.** If things don't go as planned, give yourself some grace. It's okay to get it wrong. It's okay to be disappointed. Honor your feelings, and then find the strength to get back up. You are strong enough to handle what life throws at you.

### Your week three task

Spend 5-10 minutes journaling about your successes, failures, and things you would like to try. Ask yourself, what did you learn from each of these experiences? What is holding you back from trying something new?

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### Next week

A little kindness goes a long way.





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## A little kindness goes a long way

### Final week of Be the Spark!

Congrats—you've made it to the last week of the challenge! This week is all about the benefits of helping others. Besides just being the right thing to do, volunteering, donating to worthy causes, and helping others in general has a host of mental health benefits. Performing acts of kindness can help create a sense of belonging, reduce isolation, improve overall emotional wellbeing, and more!

This week, spread a little kindness wherever you can. Here are a few easy ways to get started, but don't be afraid to get creative and go beyond this list!

1. Pay for someone's coffee.
2. See someone struggling? Offer to take something off their plate.
3. Donate to a local charity.
4. Bring a bag on your next walk to pick up trash.
5. Volunteer your time to a worthy cause.
6. Take some treats into your next office meeting.
7. Mail a thank you card or "just because" flowers to someone you're grateful for.

### Your week four task

Complete daily acts of kindness throughout the week. Each day you accomplish this task, visit the platform and check "I Did This" on your challenge to-do list.

### Thank you for joining the challenge!

Visit the wellbeing platform  
for more healthy resources.

