

Cape Cod Municipal Health Group

Monthly Challenges

Our Happiness Challenge will require members to focus on emotional health. Members will be required to keep a log of internal/external and bonus happiness activities and then turn that completed log in, via picture, in our closed Facebook group at the end of the month. You must join the "[Happiness Challenge](#)" which is located on the [CCMHG Facebook Page](#).

March Monthly Challenge

Happiness

You will receive 25 Wellness Points on our Wellness Portal if you successfully complete this program! Family members are also eligible and encouraged to participate. Co-workers that are NOT members of the CCMHG can participate but will not receive wellness points or any prizes associated with the monthly challenges. Grab a group and let's have some real fun!!! This was one of the best challenges we had last year!!

For review you will be required to:

- 😊 Print out the Happiness Log Form
- 😊 Complete at least one task every day
- 😊 Complete at least one task from each category once weekly
- 😊 Keep track of your points and brag on Facebook – let's try to make this your happiest month of the year so far!
- 😊 Boast of your happiness on Facebook and celebrate others in our group by commenting or liking posts
- 😊 Take a photo of your completed Happiness Log and post in Facebook group

Some extra fun stuff:

- 😊 You can do any activity as much as you like
- 😊 Share! Share! Share! In the Facebook group and on your own page
- 😊 Celebrate the success of others with likes and comments
- 😊 Celebration Sundays! Share your total points and highlight of the week in the Facebook page

If you have any questions contact Deanna Desroches 508-631-7263 or
capecodhealthyconnections@gmail.com



Are you ready to be challenged??

Let's see how many points you can earn!!

INTERNAL HAPPINESS	points								
Eat and drink healthy ALL day.....	8								
Say 3 positive things about yourself OUT LOUD.....	5								
Forgive yourself for a mistake or shortcoming.....	9								
List 3 things you LIKE about your body.....	5								
Let go of something negative you have been holding on to.....	9								
List 5 things you are grateful for in your life.....	4								
Hug someone.....	6								
Swap an unhealthy snack for a fruit or vegetable.....	3								

EXTERNAL HAPPINESS									
Share your happiness in our Facebook group.....	4								
Give a co-worker a sincere and thoughtful compliment.....	3								
Scroll past all the negative feeds and posts on Facebook.....	2								
Perform a random act of kindness.....	6								
Make a food or clothing donation.....	8								
Reach out to a friend/co-worker/neighbor who inspires you and thank them	7								
Reconnect with an old friend.....	7								
Hold the door for someone.....	3								
Hug someone.....	6								

BONUS HAPPINESS									
Take a brain break and go for a 15 minute walk.....	7								
Say hello or wave to a stranger.....	7								
Pick up trash while you are out on a walk/run (with gloves or bring a bag).....	10								
Take 10 minutes to meditate.....	7								
Go out for a lunch or break time walk with a co-worker.....	8								
Enjoy a total family break and go out to eat or a walk – no screens allowed...	9								
Send someone a letter/card.....	8								
During a meeting tell everyone "I am so happy to be here with you today"***	10								
***Bonus points if you video tape it and post it in our group!!!.....	10								
Choose your own happiness.....	1-10								

TOTAL HAPPINESS POINTS