

Spring Into Wellness

Open to all employees
across the
Dartmouth Health System!

Spring into wellness with a reenergized, purposeful and self-aware mindset as we enter the spring season.

This two-week challenge is designed to enhance your wellness through three daily questions focused on self-care, mindful nutrition, and regular enjoyable movement.



Inspire

Spark your motivation and discover what wellness means to you.



Act

Take intentional steps each day to achieve your wellness goals.



Reflect

Share your motivations, experiences, ideas and achievements.

✓ Inspire

✓ Act

✓ Reflect



WELLNESS

EAP | LIFESTYLE

Meet the Employee Wellness Team

Lifestyle Improvement Program



Marion Cate, MEd
MCHES, ACE-CPT, CHC
Manager, Lifestyle Improvement Program



Kara Maville, MEd., AFAA, CHC,
Certified Health and Wellness Coach



Heather Wolfe, MPH, RDN, LDN, NBC-HWC
Registered Dietitian Nutritionist
Nationally Board-Certified
Health and Wellness Coach

Employee Assistance Program



Eve Zukowski, PhD
Psychologist Doctorate
EAP team lead



Shiri Macri, MA
Licensed Mental Health
Clinician



Eric Stanley, MSW
Licensed Clinical Social Worker

Each Weekday Morning

Keep an eye on your inbox for the Spring Into Wellness challenge daily email.

When it arrives, click “Let’s get started!” to view the video and the tip of the day, access links to usable resources and motivating ideas from the our team.

This will take you to the day’s video tip and related downloads.



Spring Into Wellness

Email sample

Welcome to the Spring Into Wellness Challenge – Day 1!

Your challenge is to be able to answer these three daily questions with a YES!

- Did I move my body in an enjoyable way?
- Did I nourish my body with foods I enjoy and/or that fuel me?
- Did I practice self-care or manage some stress?



Inspire



Act



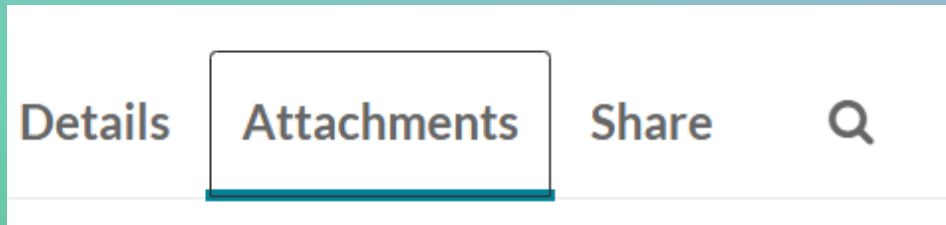
Reflect

1. Receive daily inspiration tips from the Employee Wellness Team
2. Use the tool provided to take action
3. At the end of the day, take a few moments to reflect and check-in with yourself. To earn participation points, complete the survey in ManageWell.
4. Click on the button below to open the Day 1 Tip filled with inspirations and links to resources.



Let's get started!

Download the days attachments from the video platform.



Be inspired to take action!

When you see the day's video thumbnail, scroll down just a bit to access the daily downloads.

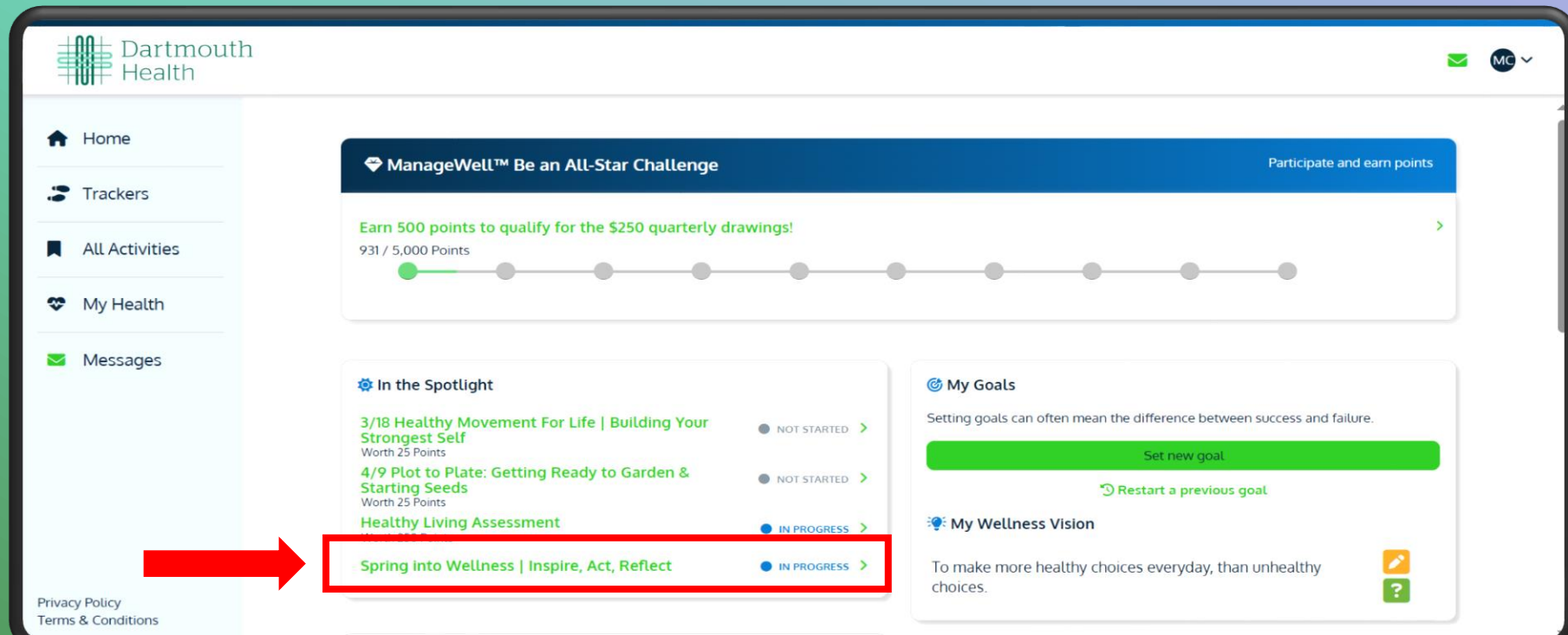


Reflect

Consider the three questions:

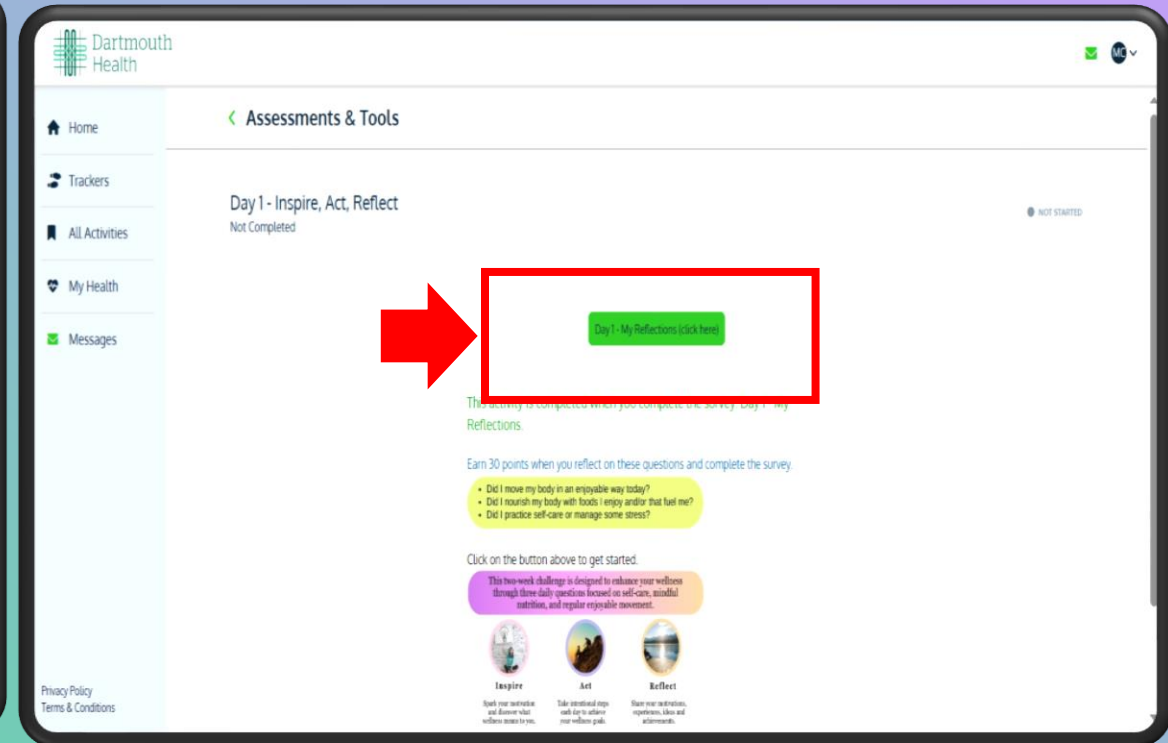
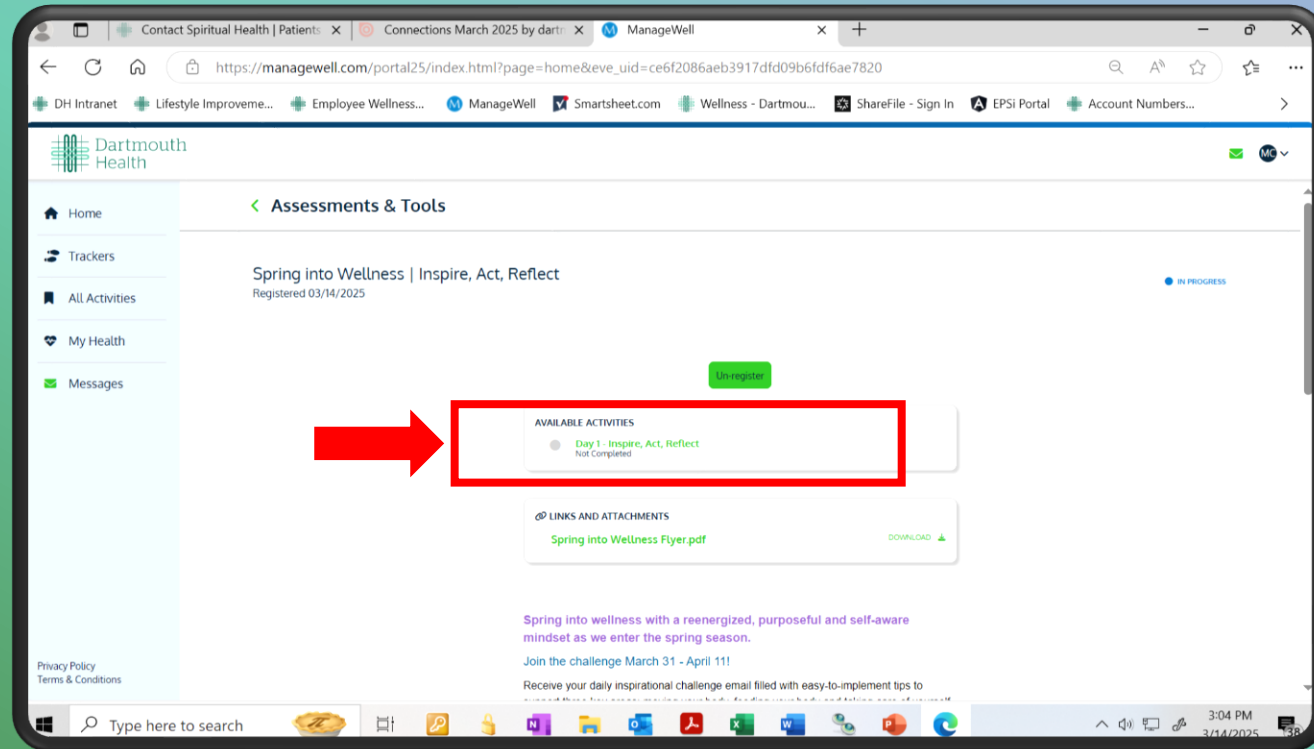
- Did you engage in enjoyable movement?
- Did you nourish your body with foods you enjoy and/or that fuel you?
- Did you apply self-care or stress management?

Log into ManageWell® and complete the Daily Reflection survey.



Reflect – Open and complete the “My Reflections” survey in the activity.

Select the day that you completed wellness actions and follow the steps to enter in your reflections.



Earn 30 points for each days reflections!

Dartmouth Health

Day 1 - My Reflections (click here)

Home

Trackers

All Activities

My Health

Messages

Reflect on your wellness today

* required

- ☐ I moved my body in an enjoyable way today.
- ☐ I nourished my body with foods I enjoy and/or that fuel me.
- ☐ I practiced self-care or managed my stress well.

Previous Next Finish Later

Please answer all required questions. Find the first unanswered question.

Dartmouth Health

Day 1 - My Reflections (click here)

Home

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My Health

Messages

What would you like to share about today's experience?

I moved well and did some mindfulness and breathing, but I didn't eat as well. needed more water today for sure.

Previous Next Finish

Submit survey results

Assessments & Tools

Day 1 - Inspire, Act, Reflect

Completed 03/14/2025

30 PTS COMPLETE

This activity is completed when you complete the survey. Day 1 - My Reflections.

Earn 30 points when you reflect on these questions and complete the survey.

- Did I move my body in an enjoyable way today?
- Did I nourish my body with foods I enjoy and/or that fuel me?
- Did I practice self-care or manage some stress?

Daily Prize Give-Aways

All participants who complete the "Reflect" activity and complete the daily survey will be entered into a drawing for one of three prize packets of the day. Packets will be mailed to your home address on file. Winners will be selected May 1.

Mondays:

Start with Gratitude Journal + fun pen

Tuesdays:

The One-Minute Gratitude Journal + fun pen

Wednesdays:

Cooking Up Health Cookbook + potholder

Thursdays:

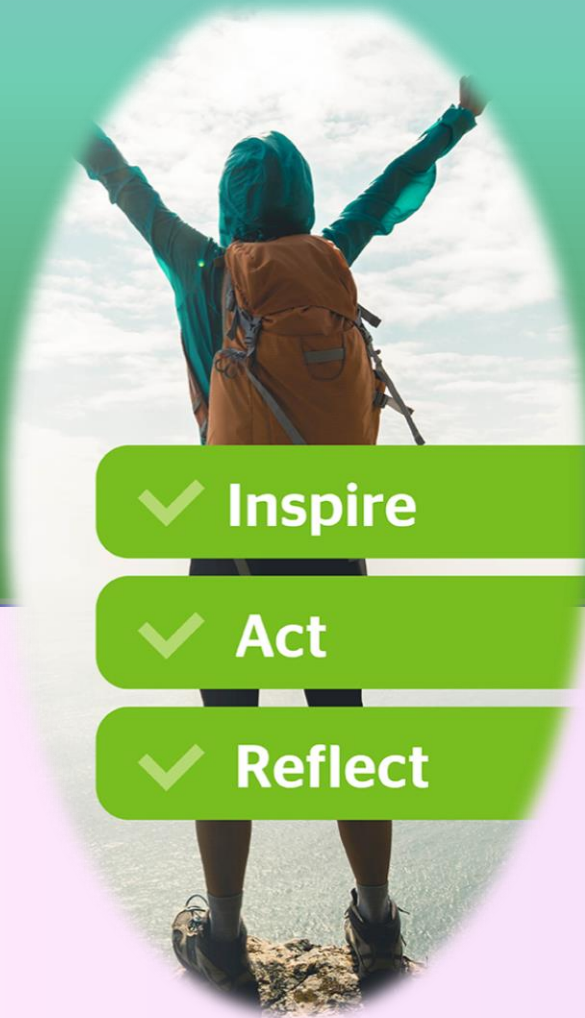
Mandala Coloring Book + colored pencils

Fridays:

Training for a Healthy Life + fun pen



Spring Into Wellness



✓ Inspire

✓ Act

✓ Reflect

Let's get started!