



# 2023 Participant Results SELF-CARE CHALLENGE

powered by HMSA

## May 1 - May 26, 2023

### 4-week challenge



376 Registered



29 EUTF agencies



17 Teams



Over 4,500 activities completed



95% Satisfied/Very Satisfied



15 Winners = \$750 in gift cards

## What participants said about the challenge:



"Happiness comes from within. Remember to always take care of yourself so you can be your best self for others."

~Candice



"I really appreciated the various reminders from the HMSA Self-Care Challenge which helped me prioritize self-care that month. I found the suggestions to write a list of affirmations and things I'm grateful for helped change a negative mindset into a positive one. Thank you for all the information and resources!"

~Janet

"I enjoyed doing this challenge with my peers, holding each other and myself accountable, and learning new ways to improve my emotional well-being. The activities were fun and doable!"

~Richelle



"Three colleagues and I created a team. We gave ourselves a fun team name, emailed each other reminders, and shared some of our successes and struggles regarding the daily and weekly challenges. We also had a couple of videoconferences where we completed a couple of challenges together as a group. This made participating fun and also helped us bond. Now that the Challenge is pau, we figuring out ways to maintain some of our wellness practices as a team."

~Rachel



"We weren't obligated to win. We were obligated to keep trying. To the best we can do everyday and that's what Team Hiki No did with the Self-Care Challenge. Thank you for this experience!"

~Tiana

"The EUTF Self-Care Challenge helps remind me - in a very concrete and practical way - to do things that take care of me!"

~Hui

Thank you for this fun opportunity! We had a blast! "Success is best when it's shared!" 😊

~Monica