

**2024 EUTF**  
**Health Holiday Mindfulness Challenge**  
**Frequently Asked Questions**

- **What is this challenge?**
  - This is a 4-week challenge on mindfulness to help reduce stress, improve mood, and enjoy the season more as we enter the holidays when stress levels tend to rise.
  - The focus of this challenge is “mindfulness” and tracking mindful minutes.
  
- **Who is eligible to participate/win?**
  - You must be an active, retired, or dependent EUTF member and a legal Hawaii resident at the time of entry and the time of any prize award.
  - You must be at least 18 years old to enter.
  - You must register by November 15, 2024, at 11:59pm HST.
  - Refer to Official Rules for more information.
  
- **What is mindfulness?**
  - According to the Oxford Dictionary, mindfulness is “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, and bodily sensations used as a therapeutic technique.
  - Simply put, mindfulness means living in the present moment and intentionally being aware and awake to each moment and being fully engaged in what is happening in one’s surroundings - with acceptance and without judgement.
  
- **Why is this important?**
  - Mental health is a priority, especially during the busy holiday season.
  - National studies show that practicing mindfulness for as little as 10 minutes a day can reduce stress by up to 30%.
  - The challenge provides EUTF members with practical tools and activities that may help reduce anxiety, increase mindfulness, and promote overall health and well-being.
  - By participating in the challenge, the aim is to help EUTF members feel more balanced and better equipped to manage holiday pressures.
  
- **What are mindful minutes?**
  - Mindful minutes are mindfulness activities that can help you focus, balance your emotions, and clear your mind. For this challenge, mindfulness activities fall into four categories:
    1. Mindfulness in Stillness: meditation, breathing exercises, body scans, etc.
    2. Mindful Movement: physical mindfulness - yoga, walking, stretching, tai chi, etc.
    3. Mindful Eating: eating with intention and awareness, savoring taste/texture, no distractions such as phone or TV.
    4. Mindful Reflection: journaling, music, art, stress management, gratitude practice, arts, crafts, hobbies that integrate mindfulness.
  - We encourage any number of mindful minutes that best suits you. Mindful minutes do not have to be consecutive.
  - During the challenge you’ll track each minute of mindful activity that you practice. A minimum of 5 minutes is needed to log an activity.

- **How do I submit my mindful minutes each week?**
  - Once you complete a mindful activity or activities, click the Results tab on the Challenge website.
  - Select the "Submit Virtual Results" button at the top of the screen.
  - Search for your name among the registered participants – type either your first or last name.
  - Next to your name, select "Submit Virtual Results."
  - Enter in the number of minutes that you practiced mindfulness, then select "Submit Activity." Please note that only activities that focus on mindfulness will be accepted, as this challenge is only focused on increasing your mindfulness.
  - The challenge website will record your progress and show your activity timeline. For additional information about ways to submit your results, refer to the Participant How To Guide.
  
- **What do I get for participating?**
  - Our aim is to increase your mindfulness practices that sustains into the new year.
  - If you complete at least 600 minutes of mindfulness activities during the challenge, you'll be entered in the Healthy Holiday Challenge prize sweepstakes for a chance to win one of 10 \$150 Amazon e-gift card.
  - Weekly challenge prizes will also be drawn for those who enter mindful minutes each week based on the reporting deadlines.
  - Refer to Official Rules for more details.
  
- **How are winners chosen?**
  - Winners will be selected through a random drawing from all eligible entries received.
  - Refer to Official Rules for details.
  
- **Who can I contact with more questions?**
  - Go to the Challenge website and click on Questions to submit your question.
  - Please refer to the How to Guide for additional support.