

# Take Ten for Stress Relief Challenge starts Monday, March 5 – join now!

Want to reduce stress, have fun, and maybe even win a prize? Join the Take Ten for Stress Relief Challenge. The free, self-paced challenge starts Monday, March 5 and continues through Sunday, April 1. Participants practice simple stress relieving activities, and track their progress.

Registration is open – to join go to <https://campusrec.illinois.edu/taketen>  
Contact Campus Wellbeing Services if you have questions – [wellbeing@illinois.edu](mailto:wellbeing@illinois.edu)  
or 265-9355.

Here are answers to common questions about the Take Ten for Stress Relief Challenge:

**What is the challenge about?** Take Ten for Stress Relief is a self-paced challenge to help you better manage stress. It's free, easy and fun.

**When is the challenge?** The challenge runs from Monday, March 5 through Sunday, April 1.

**Is there a cost?** The challenge is free.

**Who is the challenge for?** Any campus employee.

**What do I have to do?** Participating is easy. Once you've registered, you simply practice a stress reducing activity for ten minutes a day. You log your progress in our online tracking system. Many activities count. Examples include tai chi, yoga, mindful meditation, relaxing breathing, and imagery.

**Do I have to attend any programs or classes?** The challenge is self-paced, so you can practice your stress reducing activities at your convenience. You can attend campus or community programs if you wish, but you can also do any of the stress reducing activities by yourself.

**Will I get help doing the activities?** Yes. Campus Wellbeing Services will provide participants with a weekly informational newsletter. We will also devote a section of our website to helpful

information on how to practice different stress-reducing activities, and inform you about campus resources.

**What's this about prizes?** That's right, you can potentially win a prize. A prize drawing will be held at the end of the challenge. Each week you meet the target (practice and track 50 minutes of stress reducing activity over at least three days), you will be entered into the drawing.

**How do I sign up?** Go to <https://campusrec.illinois.edu/taketen>. Enter your net id and password, and answer a few brief questions. You'll be good to go in less than five minutes!

So, sign up now. Increase the fun by inviting your co-workers to join with you. Discover how taking ten minutes per day for stress relief impacts your life.

Feel free to contact us at [wellbeing@illinois.edu](mailto:wellbeing@illinois.edu) or 265-9355, if you have more questions.