



## Inspire wellness.

### Challenge Two: Coping Well

**NW Montana Schools' Health Consortium  
2020-21 Health Promotion Program.**

**Thank you for signing up for your  
Health Promotion Program!** This year we'll continue focusing on the holistic idea of wellness to improve many aspects of your life with eight different challenges throughout the school year. Each challenge will bring a new opportunity to receive an incentive! It will be a fun way to focus on your health while connecting with others at your school site.

This program is for all staff regardless of your insurance status, and spouses who are on the insurance plan! Be sure to forward this link to anyone who you think wants to join the fun!

**DEADLINE: November 22nd**

**INCENTIVE: \$25 gift card**

**Challenge Two is all about coping strategies for when you're stressed.** Anyone stressed right now? Yup! Information, in part, comes from Dr. Laurie Santos, a Professor of Psychology at Yale who teaches one of the most popular classes to have been offered at the prestigious college: The Science of Well-Being. Better coping skills = Better Well-Being!

Weekly challenge information will be delivered via the Monday Motivation emails. Each week you'll have a chance to try one evidence based coping strategy, filling your coping toolbox with more tools you can use all year long!

Complete Challenge Two individually, but don't forget your accountability group is there to support you! Reach out. Meet on your regular scheduled times. Have the conversations.

**Ready to begin? To earn your incentive you must complete the pre and post survey. They are short!**

Pre Survey Link:

<https://forms.gle/kUMmeSdLKtQ2QARe6>

Post Survey Link:

<https://forms.gle/YXdV4Lq3mJR1i65h7>

**Please contact Carrie at  
[info@drivewellnessmt.com](mailto:info@drivewellnessmt.com) with any questions.  
Have fun and get ready to Inspire Wellness.**



**Timeline: October 26 – November 22**

**Get a \$25 gift card when you complete this challenge!**

