

## About the Intellectual Wellness Challenge

The Intellectual Wellness Challenge is a fun and engaging way to encourage creative, stimulating mental activities and team building in your department.

- The challenge is to have your employees participate in one intellectual wellness activity every month.
- You choose the best format for organizing the challenge.



## What is Intellectual Wellness?

Intellectual wellness encourages us to engage in creative and mentally-stimulating activities. These activities should expand your knowledge and skills while allowing you to share your knowledge and skills with others. Intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies.

## Why is Intellectual Wellness Important?

Intellectual wellness encourages creative, stimulating mental activities. Our minds need to be continually inspired and exercised just as our bodies do.

## Getting Started

### Step 1: Promote the challenge and recruit participants in your department

- You can email your department dates for the challenge, explain how to sign up, and who to contact
- Distribute promotional email and/or post in common areas to help with recruitment (e.g. lunch room, or water station)
- Invite team members through Outlook; be sure to include the challenge activities

We would greatly appreciate you sharing your department's participation of this challenge! Please email pictures at [livingwhole@llu.edu](mailto:livingwhole@llu.edu)

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## Intellectual Wellness Activities

There are many ways to practice intellectual wellness- find what engages and motivates you to keep on learning! Intellectual wellness can be developed through a multitude of activities and below is a list of options to help you start your route to intellectual wellness.

### Wellness LIVE



Expose yourself to new ideas and/or topics. Check out speakers from across LLUH on different health and wellness topics. For more info visit:

[myllu.llu.edu/livingwhole/wellnesslive/](https://myllu.llu.edu/livingwhole/wellnesslive/)

### Paging My Health



Paging my health messages are short and simple health reminders and tips. Messages will cover topics on exercise, nutrition, emotional health and more. Sign up to receive through your LLUH two-way pager or email!

[myllu.llu.edu/livingwhole/paging/](https://myllu.llu.edu/livingwhole/paging/)

### Learning Modules



Watch a learning module on different health conditions. Each module explores many lifestyle management and prevention strategies. For more information visit:

[myllu.llu.edu/livingwhole/learning/](https://myllu.llu.edu/livingwhole/learning/)

### Do Puzzles



Puzzles, crosswords and sudoku are leisure activities that have proved to increase intellectual wellness.

### Learn a new skill



Learn a new skill. Whether it's cooking, gardening, crafting or building, learning a new skill is a fun and interactive way to improve your intellectual wellness.

### Read a Book or Journal Article



Read a book or journal article on something you know nothing about and share your findings with colleagues.

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