

It begins with me!



Mental Health Challenge

Begins May 2

May is National Mental Health Awareness month.

OakFit invites you to improve your mental and emotional well-being during the “It Begins With Me” Challenge. Participants will have an opportunity to win a \$100 gift card. Register by April 26 at <https://bit.ly/OakFit-ItBeginsWithMe>.

“It Begins With Me” will help you practice a positive inner voice which impacts your beliefs, behavior, and self-conception. This challenge will help you journey inward to discover your self-worth.

How does the “It Begins With Me” challenge work?

Ask yourself these three questions each day and record your answer in the weekly “It Begins with Me” log or your favorite journal or notebook.

- What do you love about yourself?
- What have you improved about yourself?
- What do you accept about yourself?

If the questions above don't apply on any given day, you may also use a positive affirmation to help your mental health journey.

Each week, you will receive a smartsheet to identify one reflection from the week that improved your mental or emotional well-being. Each weekly smartsheet you submit enters you into a drawing for a \$100 gift card.

Begin your mental health journey today by joining OakFit's “It Begins With Me” challenge.



▶▶▶ All ways, MOVING FORWARD