



*It begins
with me!*

Mental Health Challenge

It Begins With Me - Week Two

Welcome to the second week of the [It Begins With Me](#) Challenge!

[Week Two Tracking Form](#)

[Week One Smartsheet Form](#)

Each Friday you will be provided a tracking sheet for the following week. You will also receive a link to the Smartsheet to submit the one reflection from your week that improved your mental or emotional well-being. Each weekly Smartsheet you submit enters you into a drawing for a \$100 gift card.

Introspection: Why is it so important?

If you don't make the time and effort to refocus your mind through introspection, you won't give yourself the opportunity to grow and develop. Below are examples of questions to ask yourself to practice introspection. These questions may also help you answer your daily prompts of what you love, have improved and accept about yourself.

1. Am I living true to myself?

Finding Strengths

Finding your strengths can increase self-awareness, help you like yourself more, and can show you what to focus on.

[Strength Finding Test](#)

[List of Character Strengths](#)

[Self Reflection Exercise Worksheet](#)

2. What matters most in my life?
3. What do I need to change about myself?
4. Am I achieving the goals that I've set for myself?
5. What is life asking of me?

For more introspective prompts, visit [Positive Psychology](#)

I was always looking
outside myself for
strength and confidence
but it comes from within.
It is there all the time.

Anna Freud



[Ten Things You Can Do for Your Mental Health](#) - University of Michigan

1. Value yourself
2. Take care of your body
3. Surround yourself with good people
4. Give yourself - Helping others
5. Learn how to deal with stress
6. Quiet your mind
7. Set realistic goals
8. Break up the monotony
9. Avoid alcohol and drugs
10. Get help when you need it.



Join the [OakFit Facebook group](#) to share your journey with your co-workers on Facebook and be entered into additional prize drawings.

We welcome your comments and questions. Feel free to e-mail us at oakfit@oakgov.com