

MONDAY, MARCH 13 - SUNDAY, MARCH 19

NO SOCIAL MEDIA WEEK

BRAKE CHECK

THE CHALLENGE

Social media can have insidious effects on our Mental Fitness. It allows us to stay connected with family and friends when distance may keep us apart. However, too much time scrolling can rob us of precious time we will never get back and creates feelings of insecurity or fear of missing out. Could it be time for us to stop in for a Brake Check from social media? One week! Can we do it? Get the family involved in this challenge avoiding all forms of social media for one full week!

PORTAL POINTS



To claim your Wellbeing Portal points...

If you're a Dow Employee participating in the Wellbeing Portal, submit your completed challenge to Melony Perkins at perkinme@dow.com



DEADLINE TO SUBMIT IS MARCH 31!

TRACK YOUR PROGRESS



M	T	W	TH	F	S	S

REFLECTIONS

How did the week go? Was this challenge difficult for you (and your family)? How often were you tempted to check your social media accounts? Care to share how you held yourself accountable? **Use this space to reflect on the week.**



REWARD YOURSELF!

Great job! Moving forward, challenge yourself to reset the control panel with a healthy balance of social media. In the meantime, reward yourself for the successes you had this week. Treat yourself to a massage, a dinner out, pizza night with the family, etc. You choose!