GBS Health & Wellness

GBS WFH Wildcard Challenges

As we are adjusting to a new norm, the GBS Health & Wellness Team is working to continue supporting you and your employees with helpful tools and resources to make the current circumstances a bit more tolerable. We've had such positive feedback from our GBS Health & Wellness Wildcard Challenges, we wanted to highlight a few more with new COVID-19 appropriate additions.

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- Finding Balance: This wildcard challenge includes a few simple tips that help with work/life balance. Now is a great time to focus on this as many people are living and working in the same space, and setting boundaries for work versus the rest of life may be more challenging than ever.
- Finding a New Way to Move: With this challenge, participants are encouraged to try new activities. The goal is to have fun while reaping the physical and mental health benefits of moving the body! No gym required here - we've listed several free virtual classes or resources that can be accessed from home.
- Indulge Your Intellect: This challenge encourages participants to select from a list of activities centered around intellectual wellness. Now may be a great time to challenge your brain.
- Flip a Coin Workout: Test your luck with this fun exercise challenge. It takes only 10 tosses to complete!
- H2Only: This challenge encourages participants to mark off the number of cups they drink throughout the day until they reach the recommended daily intake. Exercise, time outdoors, and manual labor are a few examples that increase water needs, so use this challenge as a base.
- Digital Detox: Stepping away from technology can be hard enough already and has probably become an even bigger challenge lately. Spend a few minutes of extra downtime taking back control of how you interact with the digital world.