

GBS Health & Wellness

# Spread the Love

## Wildcard Challenge



Regardless of your relationship status, make the most of Valentine's Day! Throughout the day, celebrate by spreading the love and completing at least 5 of the 10 gestures below to strengthen your social connections.

- Write a heartfelt letter of appreciation to someone in your life.
- Leave the phone behind for the day and give full attention to those around you.
- Connect with an old friend that you haven't talked to in a while.
- Take the initiative to plan an activity with a family member, friend, or neighbor.
- Dedicate your day to asking others about how their day is going.
- Spend an entire day free of criticism.
- Go out of your way to thoughtfully serve a family member, friend, or even a stranger.
- Mend a relationship.
- Participate in a 24-hour social media cleanse.
- Make a connection with a new friend.