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# *Relax, Sleep, and Renew*

**Coordinator  
Instructions**

## Dear Wellness Coordinator,

The Relax, Sleep, and Renew challenge will help improve quality and duration of sleep for you and your coworkers. The packet highlights the importance of getting enough quality sleep, which improves all aspects of our lives. You and your coworkers will gain awareness of your current sleep hygiene, practice strategies to relax your mind and body at the end of the day, and create a sleep routine and environment that will encourage restful, restorative sleep.

**Personal Growth Challenge:** Better Sleep Bingo gives staff ideas to improve their sleep environment and strategies to help them wind down from the day and prepare for sleep. When packets are distributed, encourage staff to begin playing Better Sleep Bingo. A BINGO is made when a staff member has completed all boxes diagonally, across a row, or vertically in a column. When they make a BINGO, staff will show you their completed Bingo card to receive the WIC Wellness Works stylus pen. Additionally, the name of each staff member who has a BINGO will be entered into a drawing for a WIC Wellness Works Total Comfort SPA Kit.

**Coworker Connection:** Group Visualization Board is designed to give staff the opportunity to create visual reminders to relax, sleep, and renew their mind and body each night.

Use the following checklist to help you encourage staff to participate in the WIC Wellness Works Personal and Coworker Connection Challenges.

## Before starting the packet:

- Order a wristband for each of your coworkers from the State WIC Wellness Works Coordinator
- Provide a wristband to each staff member with their Relax, Sleep, and Renew packet

## Encourage staff to:

- Read the packet
- Complete the sleep hygiene assessment tool
- Try the optional activity make a “to do” list before going to bed
- Play the Better Sleep Bingo personal challenge activity
- Do the Body Movements to Help You Wind Down from the Day

## Personal Growth Challenge:

- Enter names of all staff who completed the Better Sleep Bingo into a raffle for a WIC Wellness Works Total Comfort SPA Kit. Award one winner per clinic.

## Coworker Connection: Group Visualization Board

- Set a date to post Group Visualization Board
- Invite staff to bring images throughout the month that help them relax
- Encourage staff to participate in the Visualization Board

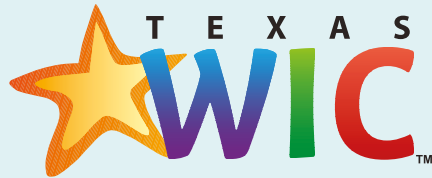
## Relax, Sleep, and Renew Incentives

“Just Relax” embossed green wristband

Personal Challenge Incentive: WIC Wellness Works Stylus pen for everyone who completes a BINGO. A WIC Wellness Works Total Comfort SPA Kit will be given to the winner of the drawing (one winner per clinic).



**TEXAS**  
Health and Human  
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