

Sign up for the Brain Teaser Challenge! This four-week challenge will encourage you to participate in activities that stimulate the brain. Think of it as mental aerobics!

Engaging your brain in mentally challenging activities can benefit your long- and short-term memory. Here is how you can participate:











- Sign up for the challenge on the [SimplyWell Portal](#)
- Earn points for:
 - Playing board games
 - Working on puzzles
 - Journaling
 - And more!


*Program Dates:
January 13–February 19, 2020*

*Be on the lookout for on-campus events throughout the program!



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Create a master calendar of holiday events and schedule self-care.	2 Write one thing each day on the calendar that makes you Thankful.	3 Don't be so busy with the holidays, that you forget to reflect. Make a to-do list to make this holiday manageable.	4 Walk down to the Bob Kerry Pedestrian Bridge and meet OMAR the Troll.	5 Share love for people in need. Participate in the Salvation Army Angel Tree.	6 St. Nicholas Day —leave small gifts in your child(ren)'s shoes. 	7 Contact a friend you haven't seen in a while to wish them a happy holiday season.
8 Consider healthy holiday recipes this season. 31 Easy Healthy Holiday Recipes. YUM!	9 Needing something hot to drink to stay warm? Black tea has lots of health benefits!	10 Visit the Durham Museum and check out the Holiday Cultural Trees Display. 	11 Be intentional about eating fruits and veggies to get the vitamins you need this winter.	12 Find your calm during the holiday with these 10 Holiday Yoga poses.	13 Bake your favorite holiday treats with a healthy twist. Find recipe swap ideas here. 	14 If you have kids or are a kid at heart, engage your creativity with these winter crafts.
15 Enjoy some laughs. Take in Elf the Musical at The Rose Theater Omaha	16 Try assembling some online jigsaw puzzles. 	17 Get outside for a 10-15 min. walk to decrease the holiday stress you might be feeling.	18 Music is good for the soul. Take in Holiday Under Glass at Joslyn Art Museum.	19 Promote health by staying hydrated. Flavor your water with essential oils.	20 Friends/family night. Enjoy the holiday lights with a walk through the Old Market.	21 Visit Ditmars Orchard in Council Bluffs for festive activities every Saturday. 
22 Visit a nursing home or isolated elderly family to bring some holiday cheer. 😊	23 Be present in the moment of the season. Take 5 mins. to focus on gratitude. Oom.	24 University Holiday Break Begins 	25 Tidings of Comfort and Joy 	26 What's your favorite holiday memory? Share stories with family over leftovers.	27 Start a holiday savings account for next year. 	28 National Card Playing Day Learn a new game.
29 Skate to support Food Bank of the Heartland at the Capitol District ice rink!	30 Whether there's sun or snow, take a refreshing walk outside! 	31 Make a list of your personal and professional accomplishments of 2019.	<p>Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our Creighton Employee Wellness Facebook page </p>			


We believe in the Jesuit value of *cura personalis*: care of the whole person.