



HEAD-HEART CONNECTION CHALLENGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

Check in with yourself

Take a free screening at vayamindful.org



2

Join NCDHHS for a free live stream event

Stay Connected to Friends and Family from 6 – 8 p.m.

3

Take a walk outside

Even if it's just through your neighborhood



4

Unplug from reality

Turn off all devices for a 10-minute break (or longer!)



5

Wear Red Day

Raise awareness about heart disease as the leading cause of death among Americans, especially women

6

Make a handmade Valentine

And mail it to someone you care about



7

Schedule your sleep

Adults need 7+ hours to restore mental and physical health



8

Don't have a case of the Mondays

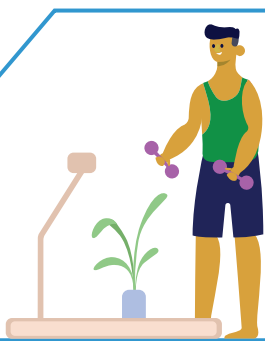
Write down three things you're grateful for



9

Be active

Get in 30 minutes of physical activity



10

Slow down

Take three deep, slow, mindful breaths



11

Take the first step to quit smoking

Visit QuitlineNC.com



12

Share the love

Hug a member in your home or even a pet (they need love, too!)



13

Check in with a friend

Call or videochat over a cup of coffee or tea



14

Let me count the ways

Leave a note or send a text about why you love someone



15

Turn it up

Put on your favorite tunes and dance like no one is watching



16

Join NCDHHS for a free live stream event

Compassion for Yourself and Others from 6 – 8 p.m.

17

Hold that pose!

Try a yoga pose or two



18

Know your numbers

Blood pressure, cholesterol and BMI



19

Standing is the new sitting

Try standing or even balance exercises as small breaks throughout the day



20

Try "forest bathing"

Spending time in nature reduces stress and anxiety



21

Give your thinking mind a break

Read a book or even just your favorite magazine



22

Try making a heart healthy meal

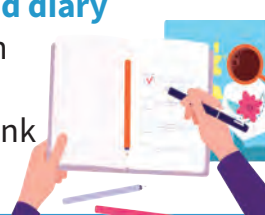
From the American Heart Association



23

Keep a food diary

Write down everything you eat/drink today



24

Find your inner calm

Practice meditation



25

Hydrate

Aim for the recommended amount today (3.7 L for men/2.7 L for women)



26

Schedule an appointment

If you are due with your primary care doctor for a check-up (live or virtual)



27

Practice self-care

Do an activity that makes you feel good



28

Take a virtual field trip

Travel to a National Park from the comfort of your own home



Our mental and physical health go hand-in-hand. February is American Heart Month, and this year we are focusing on connection, both with physical and mental health and our connection to others. Take part in our Head-Heart Connection Challenge. Try these 28 small steps for both your head and your heart and share with us on Facebook as you go! Tag us **@VayaHealth** and use the **#headheartconnection**.