



# Emotionally Fit

## Build Your Garden

Everyday stresses can at times be overwhelming. Before the pandemic, emotional fitness was a topic in certain circles. The trials of the past year have accentuated the importance and value of being emotionally fit for all. In the Emotionally Fit Challenge, users will choose from a multitude of activities from five categories that personally resonate with them:



**Gratitude**



**Sleep**



**Mindfulness**



**Resilience**



**Social Connection**

Everyone's path to greater emotional fitness is unique. As users select tracking elements and engage with the system, they will not only be bolstering their motivation and confidence in themselves, but they will also be tilling the soil for sprouting a better, healthier version of themselves: an ideal self visualized through their own digital zen garden.

## Explore and Develop

### Themes



#### Gratitude

Gratitude is essential when building a positive mindset. Users will learn about the diverse ways to show gratitude and how that impacts their emotional fitness.



#### Mindfulness

Mindfulness raises awareness of thoughts, emotions, and physical sensations to focus the mind on the present moment. Engaging in mindful practices can help to bring positive changes to health and behavior.



#### Social Connection

Social connection is a psychological need to feel satisfied with life. Users will learn about the importance of social connection and ideas to incorporate in daily living.



#### Sleep

Both quality and quantity are important when it comes to sleep and our mental state. Users will learn about sleep recommendations and preparations they can take to get a better night of rest.



#### Resilience

Resiliency is our ability to cope or bounce back during times of stress. Users will learn tactics to build resilience by seeking social support, supporting healthy thinking, and cultivating purpose.



# Built for Success

Alyfe Choice Challenge framework centers around four elements.

In Emotionally fit users:



## Create

As users interact, they will be rewarded with items to place in their garden. Through this, a personalized visual representation of each user is shown. Everyone is unique, and each garden will reflect that.



## Learn

To build sustained healthy habits, education is necessary. Alyfe has strategically created learning elements to explain to the user what they will be doing and why it is important. This approach helps to develop intrinsic motivation.



## Track

Over four weeks users will have the opportunity to select from several different tracking components. This offers choice to the user to curate their own experience, ensuring sustained engagement and motivation.



## Engage

With surprise and delight elements throughout the challenge, we have set out to create a system that will increase participation. Users will be rewarded not only in the challenge itself as they continue to track, but also through incentives that can be setup by each client individually.

# Investing in Employees

Emotional fitness makes good business sense, as it has been linked to:

- Better health
- Reduced absenteeism
- Stronger motivation
- Enhanced creativity
- Positive relationships
- Lower turnover

## Resources

Tenney, E. R., Poole, J. M., & Diener, E. (2016). *Does positivity enhance work performance?: Why, when, and what we don't know.* (pp. 27-46). Vol. 36, *Research in Organizational Behavior*. Published, 12/2016.  
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