

Outage Recovery Program

In the days of providing a living and working with large draft horses, the horses were worked six days a week and then given a day of rest on Sunday. When hitched up on Monday morning, the horses would experience tying-up and have severe muscle stiffness and fatigue. Wisdom indicated the need to keep the horses moving on their day off. Thus the need for what is called active rest and so the tradition of a Sunday buggy ride came into being. Humans who work hard and long hours can frequently suffer the same fate and become stiff and sore when the long hours and the extra hard work ends; thus the importance of this program. The program is simple and incorporates active rest to help you recover faster and other health and wellness activities to help reduce stress in your life.

Rules

1. Open to spouses and employees.
2. Complete the item in each square in any order you want. Cross through the box when completed.
3. You may substitute an item of your choice that requires similar effort, time, and area of wellness, if the listed item is not of interest to you.
4. When all items are completed, turn in the form to receive a \$15 gift card.

Take the time you need to complete. There is no deadline. Everyone who turns in a form will have his/her name entered in the next quarterly drawing.

Outage Recovery Program

In the days of providing a living and working with large draft horses, the horses were worked six days a week and then given a day of rest on Sunday. When hitched up on Monday morning, the horses would experience tying-up and have severe muscle stiffness and fatigue. Wisdom indicated the need to keep the horses moving on their day off. Thus the need for what is called active rest and so the tradition of a Sunday buggy ride came into being. Humans who work hard and long hours can frequently suffer the same fate and become stiff and sore when the long hours and the extra hard work ends; thus the importance of this program. The program is simple and incorporates active rest to help you recover faster and other health and wellness activities to help reduce stress in your life.

Rules

5. Open to spouses and employees.
6. Complete the item in each square in any order you want. Cross through the box when completed.
7. You may substitute an item of your choice that requires similar effort, time, and area of wellness, if the listed item is not of interest to you.
8. When all items are completed, turn in the form to receive a \$15 gift card.

Take the time you need to complete. There is no deadline. Everyone who turns in a form will have his/her name entered in the next quarterly drawing.

Name: _____ Complete all items. When all blocks are complete turn in for a gift card.

Stretch on weekends _____ _____	Continue to participate in the morning stretch program at work.	Stay Hydrated. Drink 64 ounces of water throughout the day for 20 out of 30 days.	Eat 90 servings of fruits and/or vegetables.	Don't sweat being behind. Make a priority list and tackle one item at a time.	Feeling especially tired tonight? Rather than just vegetate, take a short ATV ride or car ride with windows down and enjoy the fresh air and evening.
Take a walk or stroll four times _____ _____	Give yourself a time out. Go somewhere alone to ponder, reflect, and relax.	If you find yourself continually craving something or looking for food, go find something to do.	Take a nap or lie down and rest for a while on your day off.	Connect with others, go visit a sick friend, call your grandchildren or children, write a letter.	Write down your frustrations and stressors and get them out. Then destroy the paper so others are not offended.
Focus on eating lighter meals in the evening (avoid heavy meals).	Have a barbeque, enjoy the evening, and don't worry about the yard work.	Forget about the priority list today or this weekend and go do something fun!	Continue to participate in the morning stretch program at work.	Focus on keeping your bed time routine regular.	Work on relaxation breathing. Find carotid pulse in neck. Breathe in to four beats and out to four beats. Perform for one minute and feel your body relax.
Splurge tonight. Have a piece of chocolate, pie, ice cream etc. Enjoy it!	Play a board or card game with family or friends.	Freebie: Whatever you want to relax and enjoy!	Go on an overnight trip or weekend getaway, or go fishing, etc.	Get out and do your favorite activity (golf, fish, horse ride, ATV, shed hunt, photography, etc.)	Perform a hobby or read a book you enjoy rather than just sitting and watching TV or surfing the internet.

Name: _____ Complete all items. When all blocks are complete turn in for a gift card.

Stretch on weekends _____ _____	Continue to participate in the morning stretch program at work.	Stay Hydrated. Drink 64 ounces of water throughout the day for 20 out of 30 days.	Eat 90 servings of fruits and/or vegetables.	Don't sweat being behind. Make a priority list and tackle one item at a time.	Feeling especially tired tonight? Rather than just vegetate, take a short ATV ride or car ride with windows down and enjoy the fresh air and evening.
Take a walk or stroll four times _____ _____	Give yourself a time out. Go somewhere alone to ponder, reflect, and relax.	If you find yourself continually craving something or looking for food, go find something to do.	Take a nap or lie down and rest for a while on your day off.	Connect with others, go visit a sick friend, call your grandchildren or children, write a letter.	Write down your frustrations and stressors and get them out. Then destroy the paper so others are not offended.
Focus on eating lighter meals in the evening (avoid heavy meals).	Have a barbeque, enjoy the evening, and don't worry about the yard work.	Forget about the priority list today or this weekend and go do something fun!	Continue to participate in the morning stretch program at work.	Focus on keeping your bed time routine regular.	Work on relaxation breathing. Find carotid pulse in neck. Breathe in to four beats and out to four beats. Perform for one minute and feel your body relax.
Splurge tonight. Have a piece of chocolate, pie, ice cream etc. Enjoy it!	Play a board or card game with family or friends.	Freebie: Whatever you want to relax and enjoy!	Go on an overnight trip or weekend getaway, or go fishing, etc.	Get out and do your favorite activity (golf, fish, horse ride, ATV, shed hunt, photography, etc.)	Perform a hobby or read a book you enjoy rather than just sitting and watching TV or surfing the internet.