



2021 WELLNESS RESET JOURNEY


Frequently Asked Questions

| QUESTIONS | ANSWERS |
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| <p>What is the Wellness Reset Journey?</p> | <p>The 2021 Wellness Reset Journey is designed to lift you up during the challenging and stressful times of the COVID-19 pandemic by offering an energizing, fun, system-wide personal and team-based wellness initiative supported by the Mount Sinai Wellness Calm and Fit teams.</p> <p>We hope to inspire you—our staff and faculty, students and trainees—by inviting you to begin, continue, and reconsider the importance of self-care for your own wellbeing.</p> <p>The focus of your Wellness Reset Journey is to support you in:</p> <ul style="list-style-type: none"> • Considering your current state of wellness • Reawakening a desire to practice self-care • Prioritizing a daily self-care practice • Setting personal goals and intentions for wellness • Discovering Mount Sinai Health System ‘s Wellness resources to create a wellness practice • Achieving personal goals through new practices and information • Connecting with our Health System community as an empowering resource |
| <p>How is the Wellness Reset Journey similar to Reach Your Peak?</p> | <p>Like the Reach Your Peak walking challenge of previous years, the Wellness Reset Journey reinforces the benefits of setting, achieving, and sustaining personal health goals. By focusing on movement/exercise, nutrition, and adoption of a balanced approach, you will be better able to manage life’s daily stressors. With RYP, each participant created/joined a walking team and tracked the number of steps taken each day.</p> <p>The Wellness Reset Journey includes a walking component for individuals and their teams as appropriate. We will tabulate average steps, report progress, and acknowledge “winners.” Also like RYP, the Wellness Reset Journey promotes your well-being through a variety of Wellness offerings during three-month and six-month “journeys.”</p> |
| <p>How is the Wellness Reset Journey different from Reach Your Peak?</p> | <p>As we continue to live in times of social distancing and remote work for many of us due to the COVID-19 pandemic that has lasted for over a year, our the Wellness Reset Journey is by necessity and design different than Reach Your Peak challenges.</p> <p>Your Journey is both a personal one and a collective one, as we are always “Better Together.” What will give you a sense of well-being? Is it yoga and meditation, walking outside on your own or as part of team, or changing how you enjoy each meal as nourishment and self-care?</p> <p>During your Wellness Reset Journey, we are here to support you in setting positive self-care intentions and becoming calm and fit. We also will sponsor several 10 minutes to wellness events over Zoom that will focus on nutrition, stress management, and exercise.</p> |



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| <p>Do I have to be athletic to participate in the Wellness Reset Journey?</p> | <p>The only requirement for participating in the Wellness Reset Journey is that you are open to revisiting and enhancing your wellness and perhaps inspiring your colleagues and family members to engage in a wellness practice. You may do that by taking advantage of Mount Sinai Wellness Calm and Fit programs, walking and living mindfully, increasing the number of steps you take each day, not smoking, managing your diabetes, and enjoying delicious and nutritious foods that enhance your well-being.</p> |
| <p>How many steps do I have to take each day to join the “Journey”?</p> | <p>There is no set number of steps. Each participant is encouraged to increase the number of steps taken each day. The target number based on RYP history is 10,000 steps a day, but each participant has their own personal best. No pressure!</p> |
| <p>What other wellness services are available to me during my Wellness Reset Journey?</p> | <p>During the three- and six-months of the Wellness Reset Journey (and throughout the year), we offer many other wellness initiatives from personal nutrition and diabetes care coaching to meditation and our new 10 minutes to wellness series. Explore our Wellness website to learn more or email wellness@mountsinai.org for more information.</p> |
| <p>How long is the Journey?</p> | <p>The Wellness Reset Journey starts with an initial three-months that you are welcome to extend to a total of six months.</p> |
| <p>How do I get started with the Wellness Reset Journey?</p> | <p>Monday, March 22, 2021, the first Monday of spring, you will be able to register online for the Wellness Reset Journey. You may register on any device with internet access, even your phone using its camera and the QR code below.</p> <div style="text-align: center;">  </div> <p>Each Monday for the duration of the Journey, record your number of steps online and answer the other questions about your wellness journey progress.</p> |
| <p>When does the Journey actually start?</p> | <p>Monday, March 22, 2021 is the official start of the Wellness Reset Journey. This is the first day for you to start considering how you wish to adopt self-care practices, including tracking your daily step count.</p> |
| <p>How many participants can we have on our team?</p> | <p>Your team can have as many or as few members as you like.</p> <p>You may also choose to have one member of your team be the “captain.” Each of you is on a personal journey, and having a team captain may motivate you to report your progress each week.</p> |
| <p>Is there a registration deadline for the Wellness Reset Journey?</p> | <p>Registration for the Wellness Reset Journey will remain open throughout the journey starting on March 22 through June 18, 2021 for the initial three-month journey. You may continue for the next three months from June 21 to September 18, 2021.</p> |
| <p>How can I count my steps?</p> | <p>There are various ways to track your steps by using a personal activity tracker device or an app on your mobile phone. There are many choices. For a list of a few suggested tracking tools, visit the Reach Your Peak with the Wellness Reset Journey webpage.</p> |



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| | Each week we will send out a leader board that includes the participating teams by location and their average weekly step count. |
| Where do I record my steps so they count for the Journey step competition? | Record your steps and other Wellness Reset Journey progress online here , logging in with your Mount Sinai user name and password. You may also want to keep your own personal log of steps taken and other wellness practices adopted. |
| Why should I participate in the Wellness Reset Journey? | By registering and participating in the Wellness Reset Journey, you will be encouraged and receive information to help you establish or re-establish positive self-care practices to enhance your sense of well-being and overall health. Throughout the journey, you will learn about wellness practices like mindfulness, nutrition, and exercise. |
| What if I have questions about the Wellness Reset Journey? | If you have additional questions about the Wellness Reset Journey, your well-being, or other wellness services that are available to you, such as personal diabetes care coaching, nutrition coaching, smoking cessation, or a self-care consultation session, please send an email to wellness@mountsinai.org , and we will respond to you. |