



Random Acts of Emotional Support

Focus Area: Well-being Activities

Objective: To show genuine support for someone who is having a hard time with something, whether at work or home.

Length of Challenge: Varies - one day to one month

Directions:

1. Try showing emotional support for others with the ideas provided and/or come up with your own — just remember to be genuine and compassionate.
2. Note your “Random Acts of Emotional Support” (OPTIONAL) in the “Challenge Journal” and let us know you participated in this challenge [HERE](#).

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.

Getting Started:

1. Decide the dates your “Random Acts of Emotional Support Challenge” will run.
2. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or flyers.)
3. Before the challenge begins, share the following:
 - Random Acts of Emotional Support Idea List
 - Dates the challenge will begin and end
 - Directions for participating in the challenge
 - Details for submitting participation
4. As the challenge comes to an end, send a reminder to participants to submit their participation!



WFHT.TN@tn.gov



facebook.com/WFHTN



twitter.com/WFHTN