

WELLNESS CHALLENGE

Join the youth of MAPC for a challenge throughout February 2022.

This leads up to our youth-led Ash Wednesday service at 7 pm on March 3.

Complete 3-4 goals each week based on the themes listed below.

Post your progress by tagging us on instagram (@mapc_nyc) or emailing April (aem@mapc.com). Each week we will spotlight participating members and share new resources you suggest.

DE-CLUTTER

WEEK 1 – FEB 2

- Cut unnecessary events from each day
- Organize books by color
- Clean your room
- Journal / Talk to someone you have hurt
- Gather clothes and donate to Samaritan's Closet
- Create a schedule for the week

MOVEMENT

WEEK 2 – FEB 9

- Run in the park
- Walk with a friends or by yourself
- Exercise for 30+ minutes / Stretch / Bike
- Explore a new place (museum, store, park)
- Take the stairs
- Workout at the gym

SPIRITUAL

WEEK 3 – FEB 16

- Sit and pray in a Catholic cathedral
- Write a bucket list for your future
- Volunteer / help or pray for someone else
- Read or listen to a devotion (ex: Lectio365 app)
- Go to an art museum or walk around in a garden or park
- Read a book of the bible / Listen to a podcast
- Read/listen to something by Brene Brown
- Watch episodes of "The Bible Project" on youtube
- Go to church / Sing a favorite hymn / Meditate

MUSIC & REST

WEEK 4 – FEB 23

- Get 8+ hours of sleep
- Cook or clean up so that a parent or spouse can rest
- Listen to a new kind of music / Meditate
- Listen to your favorite songs
- Go to a musical
- Play someone's favorite song in the morning to boost their mood