

FLOURISH *in* FOUR

Frequently Asked Questions

WHAT IS THE GOAL?

Over the four-week program, begin to cultivate healthier habits each week that sow the seeds to support your personal flourishing. Weekly objectives will focus on play and creativity, positive connection, strengths and visions, and gratitude and mindfulness. Each week you will receive 5 weekly challenges to help support your ability to flourish in wellness. You can choose which challenges you would like to work on – maybe all 5 or maybe just a few. Throughout the program you will have access to expert tips and resources.

WHEN?

The program will be on Monday, April 1st and end on Sunday, April 28th.

HOW?

1. Register for the program at [Flourish in Four | Student Wellness - The University of Iowa \(uiowa.edu\)](https://www.uiowa.edu/flourish-in-four)
2. Print or review the weekly goals from the Flourish In Four tracking form.
3. Each week try to complete as many of the challenges as possible from the tracking form. You can track your progress on a printed gameboard or use the quiz tool on ICON (you will be added to the course shortly after registering for the program).
4. At the end of the program, complete the evaluation (emailed to all who register for the program) to register for a prize.
5. Watch for weekly emails with helpful tips and resources for completing the Flourish in Four challenges!

WHAT IF I REGISTERED, BUT HAVEN'T RECEIVED ANY EMAILS ABOUT THE PROGRAM?

Your email may have been entered incorrectly on the registration! If you do not receive an email confirming your registration there may be a problem with the email entry. Contact briana-brown@uiowa.edu to check on your registration (and to correct the email if needed).



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WHY DO THIS?

College students are living independently for the first time and starting to establish lifelong wellness habits. Focusing on some healthier behaviors now can help establish habits to support both short- and long-term health. This is an easy, fun way to put some focus on healthy habits to support overall wellbeing. When we think about health and wellness we often focus on diet and exercise and fail to realize the impact fun and creative play, positive connections, strength finding and goal setting, and gratitude and mindfulness can have on our wellbeing. Over the course of the 4 weeks, we'll look at each of these topics and begin to continue to support you throughout the semester (and beyond).

WHERE DO I TURN IN MY TRACKING FORM?

You do NOT have to turn in the Flourish in Four tracking form. Simply **complete the final evaluation** which will be emailed to you after the final week of the program.

WHAT IF I CAN'T ACHIEVE ALL THE CHALLENGES EACH WEEK?

The goal is not to accomplish all 5 challenges each week, but to find which challenges best support you and your stress management. We are confident everyone who tries to meet at least one of the weekly challenges will experience some positive changes!

HOW DO I GET MY PRIZE?

When you complete the evaluation, you will receive an email with instructions on picking up your prize for participating in the program. Everyone who participates (**registers** for the program and **completes the evaluation** at the end) gets a prize (canvas tote bag, coloring kit, mini plant + pot, bamboo cutlery set, or hot/cold eye mask). The evaluation is emailed to all registered participants the last week of the program.

You will also be entered into a drawing for a flourishing kit after completing the Flourish in Four evaluation.

