

# Lenten Challenge Overview

## WHO is this challenge designed for?

Anyone (seminary community, clergy, and congregational members, etc.) who would like to consider making meaningful lifestyle changes and for those who are already practicing healthy habits.



## WHAT is the goal?

This 6-week challenge focuses on using different strategies each week for managing daily stress (such as: relaxation, discernment, relationships, and fitness) in order to assist you in identifying what strategies work best for you.

## WHEN and WHERE do I need to complete activities?

Daily stress is all around us, so you will be encouraged to test your management strategies just about anywhere. The challenge begins on Ash Wednesday, March 6<sup>th</sup> and concludes on Easter, April 21<sup>st</sup>.

## HOW will my progress be tracked?

Once you have completed the registration form, we will e-mail you a participant's guide. During week One of the challenge, you will identify each evening 1-3 stressors you experienced during your day (for example: you were asked to take on another project, sick child, bills) as well as rate your level of overall stress for that day (on a scale of 1 to 5). This exercise will establish your baseline stress level. During weeks Two through Six, you will record which strategies you used daily (more information about this will be included in your guide), while you continue to record your daily overall stress level. At the end of the challenge, we will provide you with an evaluation form for you to assess what you learned over the 6-week challenge. If you complete it and submit it to the HSHC office via e-mail ([thehshc@gmail.com](mailto:thehshc@gmail.com)), you will be eligible to enter our end-of-challenge raffle for a prize! Note: unlike in years past, you don't have to stress over adding up and submitting points each week! 😊



## Is this an individual or team-oriented challenge?

This year's Lenten challenge will be an individual challenge. Unlike prior years, we don't want to add additional stress to your life by making this a team competition! However, we definitely encourage participants to find an accountability partner or form accountability teams!

## Other questions?

Please don't hesitate to contact us at [thehshc@gmail.com](mailto:thehshc@gmail.com)