What is the Wellness Festival?
Wellness Festival 2020, a collaborative initiative by the NUS Office of Student Affairs and the faculties in NUS is the first ever event aimed at creating awareness on the importance on mental health and wellbeing amongst NUS students. Through the festival, students will learn self-care tips as well as the mental health and support services available to NUS students. The theme for Wellness Festival 2020 is the 7 PitStop Principles of Personal Skills, Interaction, Thoughtful Eating, Sleep, Time Out, On The Move, and Purpose. The highlights of the festival include the PitStop Workshops as well as the #PitStopChallenge.

What is the #PitStopChallenge?
The #PitStopChallenge is an Instagram-based challenge part of the Wellness Festival 2020 that will launch on World Mental Health day and take place from 10th to 16th October 2020. The challenge aims to impart the 7 PitStop Principles to NUS Students by encouraging them to cultivate a habit of applying these principles in their day-to-day life.

Participants who successfully qualify for the #PitStopChallenge lucky draw* stand a chance to win an iPad Mini, Apple Watch, FujiFilm Instax, GrabFood vouchers and many other attractive prizes!
NUS Wellness Festival 2020: The #PitStopChallenge Guide

How can I join the #PitStopChallenge?

1. Post an Instagram story a day (min. 3 days) showing yourself practice any of the PitStop Principles during the challenge period.

2. Ensure that your Instagram story includes the following:
   a. The hashtag #PitStopChallenge
   b. The hashtag of the principle you are practicing (i.e. #OnTheMove)
   c. Tag us (@nusstudentaffairs)
   d. Tag one other NUS friend you would like to join you on the challenge

3. Lastly, remember to follow us (@nusstudentaffairs) for more updates!

Note:

- Min. 3 IG stories to qualify for 1 lucky draw chance, and 5 or more IG stories for 2 lucky draw chances. Post one story per day only.

- You may select any one of the 7 PitStop Principles to post on any day during the challenge period. Repetition of principles over multiple Instagram stories is allowed. It is not necessary to post on consecutive days.

- If your Instagram account is private, please allow us to follow you back to verify your Instagram stories.
What are the 7 PitStop Principles? Also, what are some examples of activities I can do for the #PitStopChallenge?

<table>
<thead>
<tr>
<th>7 PitStop Principles</th>
<th>Examples for the #PitStopChallenge</th>
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<tbody>
<tr>
<td><strong>Personal Skills</strong></td>
<td>• Practicing mindfulness activities</td>
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<td>• Doing meditation using any mindfulness app (Eg. Calm app or Headspace)</td>
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<td>• Creating a gratitude list</td>
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<td>• Doing goal setting</td>
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<td>• Sorting &amp; decluttering (Eg. Marie Kondo Method)</td>
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<td>• Doing an online strengths/personality profile test (Eg. MBTI or Truity Personal Strengths Inventory)</td>
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<td><strong>Interaction</strong></td>
<td>• Organising Games Night on Zoom with your friends (Eg. Scribble.io or Haxball)</td>
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<td>• Going for a meal with a friend</td>
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<td>• Video calling a friend to chit-chat</td>
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<td>• Going out with friends or family</td>
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<td>• Join the NUS Peer Student Supporters during their Virtual PitStop sessions</td>
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<tr>
<td><strong>Time Out</strong></td>
<td>• Participating in CCA</td>
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<td>• Doing a new hobby</td>
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<tr>
<td>• Listening to a podcast or music playlist</td>
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<td>• Going out and taking a short walk</td>
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<td>• Taking a short 15-mins break after every 2-hours of studying</td>
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<tr>
<td><strong>Sleep</strong></td>
<td>• Using a sleep tracking app to track your sleep cycle and patterns (Eg. Sleep Cycle or Sleep Score)</td>
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<td>• Using items that help you to sleep better (Eg. Aromatherapy, dim lights, relaxing music)</td>
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<tr>
<td>• Doing meditation prior to sleeping using any mindfulness app (Eg. Calm app or Headspace)</td>
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</table>
# NUS Wellness Festival 2020: The #PitStopChallenge Guide

**Thoughtful Eating**

*Be mindful of what you put into your body by selecting healthier food choices, drinking at least 2 litres of water daily, and/or minimizing your intake of sugar, trans-fats, and processed foods.*

- Consuming meals at stores endorsing foods with the Healthier Choice symbol
- Cooking and preparing healthy meals
- Practicing mindful eating through conscious food choices ([Find out more here and here](#))
- Bringing a reusable water bottle out with you and consuming at least 2 litres of water each day

**On The Move**

*Try to exercise 20-minutes, at least 3 times a week. Endorphins + Serotonin = Happiness!*

- Clocking in 10,000 steps per day
- Doing any kind of exercise for a minimum of 20-minutes each day
- Attending a free virtual fitness class ([Eg. ClassPass or ActiveSG](#))

**Purpose**

*Research shows that giving and volunteering provide people a sense of purpose and satisfaction.*

- Carrying out an act of kindness
- Volunteering or participating in community service either in NUS or with an external organisation
*The #PitStopChallenge Lucky Draw Terms & Conditions:*

1. Only successful challenge entries by NUS students will be eligible for the lucky draw.

2. Instastories must include the hashtag #PitstopChallenge, hashtag the principle practiced, tag @nusstudentaffairs and tag a friend to be deemed as successful entries.

3. Only current NUS students are eligible for the lucky draw. During the period of 17 to 20 October 2020, successful entries will receive an Instagram Direct Message from @nusstudentaffairs requesting for their NUS email address as verification of the student status. Participants must respond by 25 October 2020 (2359).

4. The draw will happen on 26 October 2020 at 10am. The winners will be announced on Instagram (@nusstudentaffairs) and will receive an email from NUS OSA.

5. For physical prizes, collection will take place at Student Service Centre, Yusof Ishak House. Winners will be contacted separately on redemption instructions.

6. Contests are not sponsored, endorsed, administered or associated with Apple, Audio Technica, Fujifilm, Hydro Flask, and Grab.

7. Office of Student Affairs reserves the right, at its discretion, to change or modify the terms and conditions.

8. For any queries regarding the Wellness Festival 2020 or the #PitStopChallenge, kindly email us at osacares@nus.edu.sg.

END