



Frequently Asked Questions

What is *Work of Art*?

Work of Art is an emotional fitness campaign designed to help you learn skills that boost happiness and foster resilience. Living an emotionally healthy life is an art, but the activities and habits that lead to long-term success are grounded in science: enhancing mindfulness, sharing gratitude, increasing optimism, and strengthening connections.

How does it work?

Monday Updates

Every Monday during the campaign you'll receive 5 additional activities in these categories:

- Enhancing mindfulness
- Experiencing gratitude
- Increasing optimism
- Strengthening connections
- Collage (miscellaneous)

Your Daily Activity

- Aim to complete 2 activities a day, most days each week
- Choose activities that matter most to you
- You can do the same activity each day or skip around

Earning points

- Get 5 points for answering a quiz question (5 additional questions each week)
- Earn 10 points for recording an emotional well-being activity (2 activities a day)
- Aim for 100 points a week

Tracking Progress

- The program creates a simple sketch outline of a photo you choose
- Each time you earn points you get to "paint" a portion of the picture
- Aim for 1 completed work of art a week (100 points)

Participating on a Team (optional)

- Form your own team of 4 members or accept the invitation of another
- The team goal is to achieve 400 points a week, with each member contributing 100 points
- Participating on a team makes *Work of Art* more fun and effective.

Who can participate?

Everyone. Emotional fitness isn't a race won by the most athletic. *Work of Art* encourages you to explore the social and emotional practices that contribute to overall well-being, happiness, and resilience.

Is there a mobile app available for download?

Yes! There is a free mobile app available for download on most [Android](#) and [Apple](#) devices. Once you have registered for *Work of Art* search for “*Work of Art*” within the Google Play or the App Store to download. You must create an account before you can log in to your mobile app.

How is my information used?

The information participants track (for example, produce logged) will be compiled with other participants' information and displayed in aggregate form. Answers to the registration and evaluation questions will be used in aggregate reports about the program. Email addresses will be used by the Health Service System to provide information about the program and weekly educational messages. Individual participant email addresses and physical addresses may be used by the Health Service System to provide prizes to participants. Participant email addresses and other information that is provided within the program will not be shared.

How is the information I enter stored?

Personal information is stored under strict security measures as outlined in the [Privacy Statement](#). Participation data is compiled with other participants' data for summary reports.

How can I win prizes?

Participants will be entered to win prizes that will be shipped to the address provided at registration. Please be sure to provide accurate and complete information when registering.

4 ways to Win!

1. Registration Survey completion
2. Participate in all 4 *Work of Art* categories each week of the challenge
3. Track # of points each week (are we providing a prize to those that reach this goal, or those that track 5xs a week)
4. Share your story - Tell us about your experience in our end-of-challenge survey. Tell us about how you were able to foster resilience, share your favorite activity, or tell us how *Work of Art* will help you to continue self-care after the challenge.