YOUR WELLBEING "MENU"

small bites
5 sec to 1 min

CULTIVATE RESILIENCE
1 MIN
read these quotes for strength in difficult times from Thrive Global

CALMING BREATH
40 SEC
step outside and take 5 deep breaths; practice a slow, intentional exhale

HYDRATE
30 SEC
drink one glass of cool water; be curious about how it refreshes you

PAY IT FORWARD
5 SEC
think of something that you are grateful for or give someone a compliment

starters
1 min to 5 min

SELF-COMPASSION
5 MIN
practice 5 minutes of self-compassion with Insight Timer

MOVE
5 MIN
take a moment to walk or roll - outside or inside, take a break from sitting still and just go.

LAUGH
3 MIN
swap your best joke with a friend; watch animals make fools of themselves

COME TO YOUR SENSES
1 MIN
pay concerted attention to one of your senses for 1 minute; use a lens of curiosity
YOUR WELLBEING "MENU"

main dishes
5 min to 10 min

YOGA WHERE YOU ARE
try a Yoga practice done from your desk chair, courtesy of Yoga by Candace

RESTORATION MEDITATION
try this meditation if you are feeling tired and weary, from mindful.org

REFUEL
enjoy a new, or revisit a favorite smart snack; take time to enjoy how it tastes

MUSCLE HUSTLE
try 30 seconds of air squats, wall pushups, chair planks or dips; shoot for 4 cycles

the sweet stuff
> 10 min

BRAIN BREAK
learn how to break free from negative thinking, with Eckhart Tolle

NATURE RX
intentionally spend time in nature; consider a forest bath

LEARN HAPPY
Dr. Laurie Santos can help you learn the science of cultivating happiness

CONNECT
write a letter to a loved one or pen pal through the Big Red Writes program

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