

# Wellness Tips

Cut on solid lines - Fold on dashed lines





**LISTEN TO  
SOOTHING  
SOUNDS**

**Got  
10  
minutes?**



HOPE Lab Wellness Tips

**READ A  
MAGAZINE**

**Got  
10  
minutes?**



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**DANCE**

**Got  
10  
minutes?**



HOPE Lab Wellness Tips

**EVALUATE  
YOUR DAY**

**Got  
10  
minutes?**



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**WRITE IN A  
JOURNAL**

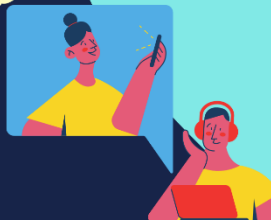
**Got  
10  
minutes?**



HOPE Lab Wellness Tips

**CALL A  
FRIEND**

**Got  
10  
minutes?**



HOPE Lab Wellness Tips

Cut on solid lines Fold on dashed lines

**Got 10 minutes?**

# MEDITATE



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**Got 10 minutes?**

# TIDY YOUR WORK AREA



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**Got 10 minutes?**

# DRAW A PICTURE



HOPE Lab Wellness Tips

**Got 10 minutes?**

# LISTEN TO SOOTHING SOUNDS



HOPE Lab Wellness Tips

**Got 10 minutes?**

# READ A MAGAZINE



HOPE Lab Wellness Tips

**Got 10 minutes?**

# DANCE



HOPE Lab Wellness Tips

**EXERCISE**

Got 30 minutes?



HOPE Lab Wellness Tips

**EAT LUNCH WITH A FRIEND**

Got 30 minutes?



HOPE Lab Wellness Tips

**TAKE A BUBBLE BATH**

Got 30 minutes?



HOPE Lab Wellness Tips

**GO SHOPPING**

Got 30 minutes?



HOPE Lab Wellness Tips

**SPEND TIME IN NATURE**

Got 30 minutes?



HOPE Lab Wellness Tips

**WATCH YOUR FAVORITE TELEVISION SHOW**

Got 30 minutes?



HOPE Lab Wellness Tips

Cut on solid lines Fold on dashed lines

**Got 30 minutes?**

# PRACTICE YOGA



HOPE Lab Wellness Tips

**Got 30 minutes?**

# WATCH YOUR FAVORITE TELEVISION SHOW



HOPE Lab Wellness Tips

**Got 30 minutes?**

# SPEND TIME IN NATURE



HOPE Lab Wellness Tips

**Got 30 minutes?**

# GO SHOPPING



HOPE Lab Wellness Tips

**Got 30 minutes?**

# TAKE A BUBBLE BATH



HOPE Lab Wellness Tips

**Got 30 minutes?**

# EAT LUNCH WITH A FRIEND



HOPE Lab Wellness Tips

**JOT DOWN  
DREAMS**

**Got  
5  
minutes?**

DREAM



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**EVALUATE  
YOUR DAY**

**Got  
10  
minutes?**



HOPE Lab Wellness Tips

**EXERCISE**

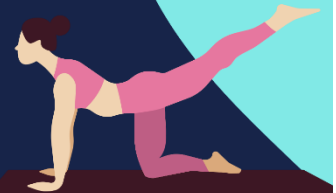
**Got  
30  
minutes?**



HOPE Lab Wellness Tips

**STRETCH**

**Got  
2  
minutes?**



HOPE Lab Wellness Tips

**HAVE A  
CLEANSING  
CRY**

**Got  
5  
minutes?**



HOPE Lab Wellness Tips

**WRITE IN A  
JOURNAL**

**Got  
10  
minutes?**



HOPE Lab Wellness Tips

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