Wellness Tips

- Cut on solid lines - Fold on dashed lines

Doodle
Got 2 minutes?

Laugh
Got 2 minutes?

Acknowledge one of your accomplishments
Got 2 minutes?

Daydream
Got 2 minutes?

Say no to a new responsibility
Got 2 minutes?

Stretch
Got 2 minutes?
Wellness Tips

Cut on solid lines - Fold on dashed lines

ACKNOWLEDGE ONE OF YOUR ACCOMPLISHMENTS

DOODLE

BREATHE

LAUGH

STRETCH

DAYDREAM
Wellness Tips

- Sing Out Loud
  - Got 5 minutes?

- Jot Down Dreams
  - Got 5 minutes?

- Enjoy a Snack, or Make a Cup of Coffee or Tea
  - Got 5 minutes?

- Step Outside for Fresh Air
  - Got 5 minutes?

- Listen to Music
  - Got 5 minutes?

- Send a Message to a Friend
  - Got 5 minutes?
Wellness Tips

- Step outside for fresh air
- Listen to music for 5 minutes
- Sing out loud for 5 minutes
- Send a message to a friend for 5 minutes
- Jot down dreams for 5 minutes
Wellness Tips

- Evaluate Your Day (10 minutes)
- Write in a Journal (10 minutes)
- Call a Friend (10 minutes)
- Meditate (10 minutes)
- Tidy Your Work Area (10 minutes)
- Draw a Picture (10 minutes)
Wellness Tips

- Listen to soothing sounds
- Read a magazine
- Dance
- Evaluate your day
- Write in a journal
- Call a friend
Wellness Tips

- Meditate (Got 10 minutes?)
- Tidy Your Work Area (Got 10 minutes?)
- Draw a Picture (Got 10 minutes?)
- Listen to Soothing Sounds (Got 10 minutes?)
- Read a Magazine (Got 10 minutes?)
- Dance (Got 10 minutes?)
Wellness Tips

**EXERCISE**

Got 30 minutes?

**EAT LUNCH WITH A FRIEND**

Got 30 minutes?

**TAKE A BUBBLE BATH**

Got 30 minutes?

**GO SHOPPING**

Got 30 minutes?

**SPEND TIME IN NATURE**

Got 30 minutes?

**WATCH YOUR FAVORITE TELEVISION SHOW**

Got 30 minutes?
Wellness Tips

- Practice Yoga
- Watch Your Favorite Television Show
- Spend Time in Nature
- Go Shopping
- Take a Bubble Bath
- Eat Lunch with a Friend
Wellness Tips
Cut on solid lines - Fold on dashed lines