

Alphabet Wellness Tips

- A *Air – Go outside for a change of scenery and to get fresh air*
- B *Breathe – Take a deep breath and let it out slowly*
- C *Creativity – Find something to do to incorporate your creative side: draw, paint, poetry, etc.*
- D *Dance – Dance for fun as if no one is looking*
- E *Exercise – Try an exercise that you can do safely at your desk*
- F *Fun – Find something you like to do just for fun*
- G *Growth Mindset – Try reframing a challenge into something strength/growth based*
- H *Heart – Tell someone thank you and/or why you are grateful for them*
- I *Inspire – Do something to encourage someone else today*
- J *Joy – Find joy in every moment of each day*
- K *Kindness – Take a moment and do something nice for someone else just because*
- L *Laugh – Remember laughter is contagious and can release tension*
- M *Music – Listen to a favorite song*
- N *Nourish –Bring healthy snacks to work and/or treat yourself to dark chocolate or both!*
- O *Organize – Make a to do list and check off completed items, don't forget to include your breaks*
- P *Pause - When things are getting busy, take a moment and pause*
- Q *Quiet – Take some time to rejuvenate your mind and body – maybe unplug from technology*
- R *Rest – When is the last time you took a nap?*
- S *Smile – Find someone to smile at or someone to greet*
- T *Team – Find someone to collaborate with as an accountability partner*
- U *Understand - Practice active listening and try to understand things from a different perspective*
- V *Value – Focus on the positive – change the things you can, but remember the positive*
- W *Walk – Take a 10-minute walk (or longer) to clear your head*
- X *X Marks the Spot – Celebrate something you did today*
- Y *Yoga –Have you tried a yoga class to help with stretching and relaxation?*
- Z *Zzzs – Ensure that you get a good night's sleep*