

AT WORK
Self-Care

THIS OF THAT

FOR THE MONTH OF MAY, CHALLENGE YOURSELF & YOUR COLLEAGUES TO TRY AS MANY OF THESE AS POSSIBLE. EACH TIME YOU COMPLETE ONE, PUT A CHECK MARK UNDERNEATH THAT WELLNESS STRATEGY.

STOP & TAKE 5
BREATHS

GET 500 STEPS IN

DRINK A GLASS
OF WATER

TELL A JOKE

DO 3 STRETCHES

DOODLE

DO A 1 MINUTE WALL SIT

SHARE SOMETHING THAT
MADE YOU SMILE

LEARN 3 THINGS ABOUT A
COWORKER

CELEBRATE SOMETHING
GOOD

DO 10 CALF
RAISES

HAVE A HEALTHY
SNACK

SHARE A RIDDLE

WALK FOR 5
MINUTES

SHARE 3 THINGS ABOUT YOU

SIT AND DO 10 LEG LIFTS

STAND FOR 10
MINUTES

SHARE A MOVIE, OR
BOOK THAT YOU LOVED

SUBMIT YOUR POSTER FOR YOUR TEAM TO WIN ONE OF 2 WELLNESS
PACKAGES!

PRIZE #1- MOST SELF-CARE STRATEGIES DONE IN THE MONTH OF JANUARY

PRIZE #2- RANDOM DRAW OF SUBMITTED TEAM POSTERS