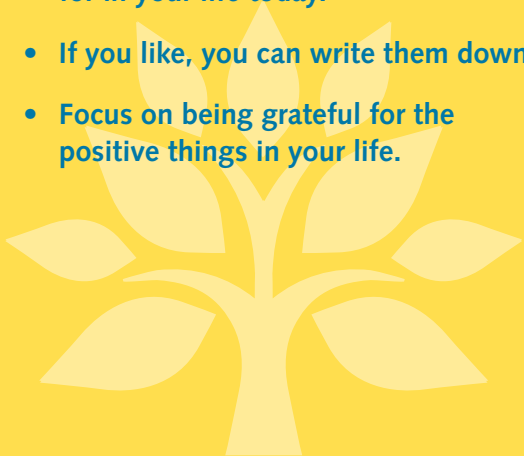


# Gratitude

Turn the timer over.

- Think of things that you feel grateful for in your life today.
- If you like, you can write them down.
- Focus on being grateful for the positive things in your life.



**EVERYDAY WELLNESS TIPS**

See more at [www.WellnessEveryDay.org](http://www.WellnessEveryDay.org)

# Take a Break

Turn the timer over.

- Take a deep breath in and then slowly out.
  - Clear your mind.
- Take another deep breath in and then slowly out.
  - Feel your body relax.
- Take another deep breath in and slowly out.
  - Feel yourself letting go and becoming more relaxed.
- Take one more deep breath and slowly breathe out.



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# Time to Stretch

Stand up. Turn the timer over.

- Gently turn your head to the right.
- Hold, then slowly turn your head to the left.
- Hold, then return to center.
- Raise your arms to the sky and stretch.
- Bring your arms to be level with your shoulders.
- Twist your waist slightly while holding your arms out.



**EVERYDAY WELLNESS TIPS**

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# Kindness

Turn the timer over.

- Think of an act of kindness you have received.
- Think of some kind actions you can do.
- Plan when you might practice acts of kindness.



**EVERYDAY WELLNESS TIPS**

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# Reflect

Check in with yourself.

Turn the timer over.

- How are you feeling?
- What would improve your day?
- Plan something positive for yourself.



**EVERYDAY WELLNESS TIPS**

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# Positive Self-Care

Caring for ourselves helps us to be better able to care for others.

Turn the timer over.

- Think about what you've done recently that is positive self-care.
- Write down your positive self-care activities.
- Plan what you will do today for self-care.



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# Optimism

Turn the timer over.

- Think about positive things that are happening in your life.
- If you like, you can write them down.
- If you can't think of anything positive, see if you can plan something today that will feel good to you. Examples:
  - Reach out to someone
  - Listen to music
  - Meditate
  - Exercise
  - Watch a funny show
  - Make a list of things that make you feel good



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# Starfish Breathing

Focusing on our breath can help us feel calm and relaxed. This is a good exercise for both kids and adults.

Turn the timer over.

- Spread out the fingers of one hand like a starfish.
- Use your other hand to trace up and down each finger.
- Feel yourself breathing – in and out, in and out...
- Concentrate and let your other thoughts float away.



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