

WELLBEING RIGHT NOW

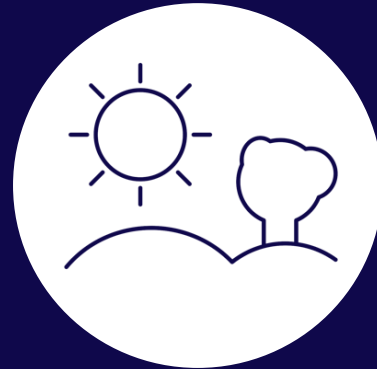
1 *Practice self-care*

Eat nutritious food and stay hydrated. Incorporate rest breaks into your day. Practice mindfulness to stay in the present moment. Express gratitude for the good things in your life. Repeat positive affirmations to convince your brain and make things happen.



2 *Get outdoors*

Fresh air, natural light, the sounds and smells of nature...they'll all help you rejuvenate during your breaks. Stretch while you are at it to get the blood flowing. Move through five breathing cycles, expelling as much air as possible before slowly taking in as much as possible.



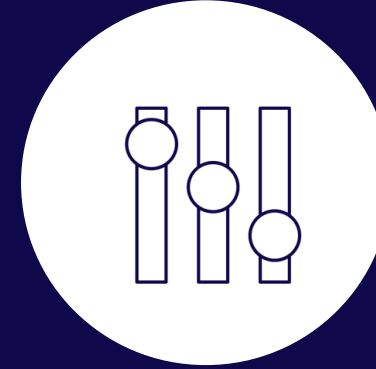
3 *Find a buddy*

Set up a partnership with another person and agree on how you can stay in regular contact and how you can support each other. Ask for feedback and tell them what you need from them.



4 *Integrate*

Plan to utilize your time to achieve work and life goals without having one take priority over the other.



5 *Reflect*

To combat the reduced external feedback, record your achievements throughout the day and dedicate time to intentionally giving yourself a pat on the back. Think about the difference you made for yourself and others.



6 *Share your work*

Communicate what you are working on so others are aware. This will enable collaboration and innovation that may not occur when working in isolation.

