

Tiny Ways To Care For Your Wellbeing



POSITIVE EMOTION



ENGAGEMENT



RELATIONSHIPS



MEANING



ACCOMPLISHMENT



HEALTH

Create Jolts Of Joy

On the way to work reach for a favorite song, a funny video, or anything or anyone that makes you smile.

Connect With Nature

At lunch get out in nature and drink in the wonder and timelessness of the world around you.

Savor The Good Things

On your way home share a story of something good that's happened with someone you care about.

Align Your Strengths

Each morning pick one task on your to-do list and write a strength you can draw on next to it.

Take A Strengths Pause

Between meetings, pause, take a deep breath and ask: Which strength will I use next?

Strengths Reflection

At the end of each day reflect on what you've learned about when you've overplayed or underplayed your strengths.

Make Time To Connect

Invest in small moments of positivity by making time each day to reach out to others.

Do A Five Minute Favor

After lunch take 5 minutes to help someone with a quick favor.

Create Playful Breaks

Create a short play break each afternoon for a chat, share a funny meme or just playfully connect.

Adopt A Service Mindset

When you plan your day add one thing you could do to make a positive difference for others.

Re-Frame The Mundane

Write down a task you're dreading today. Ask: What is its purpose? Who does it help?

Schedule Real Breaks

We all need time to rest and recover. Take a lunch break. Step away from your computer. Nourish your body and rest.

Invest In Small Learning Wins

If there was one small step you could take to learn something new today what would it be?

Reflect On Your Learning Loop

At the end of each day ask: What went well today? Where did I struggle? What did I learn today?

Sit With Your Struggles

See your feelings of fear and anxiety. Sit and surrender as you breathe through the discomfort they bring. Then take the next small step forward.

Get Up Regularly

Every 60-90 minutes set an alarm to remind you to get up and move for at least two minutes.

Breathe Deeply

After you go to the bathroom take 5 deep slow breaths breathing in to the count of 4, hold to the count of 7 and breath out to the count of 8.

Create A Bedtime Routine

Give yourself 30-45 minutes to wind down before bed each night with a regular routine to help your body and brain relax.