

# How Are You Caring For Your Wellbeing?

Positive Emotions	Engagement	Relationships	Meaning	Accomplishment	Health
<p><b>Create Jolts Of Joy</b></p> <p>Reach for a favorite song, a funny video, or anything or anyone that makes you smile</p>	<p><b>Align Your Strengths</b></p> <p>Each day, pick one task on your to-do list and write a strength you can draw on next to it.</p>	<p><b>Make Time To Connect</b></p> <p>Invest in small moments of positivity by making time each day to reach out to others.</p>	<p><b>Adopt A Service Mindset</b></p> <p>What's one thing you could do today to make a positive difference for others?</p>	<p><b>Invest In Small Learning Wins</b></p> <p>If there was one small step you could take to learn something new today, what would it be?</p>	<p><b>Get Up Regularly</b></p> <p>Every 60-90 minutes, try to get up and move for at least two minutes.</p>
<p><b>Connect With Nature</b></p> <p>Get out in nature and drink-in the wonder and timelessness of the world.</p>	<p><b>Take A Strengths Pause</b></p> <p>Between activities, pause, take a deep breath, and ask, "Which strength will I use next?"</p>	<p><b>Do A 5-Minute Favor</b></p> <p>Each day take 5 minutes to help someone in your network.</p>	<p><b>Re-Frame The Mundane</b></p> <p>Write down a task you dread today. Ask. "What is its purpose? Who does it help?"</p>	<p><b>Reflect On Your Learning Loop</b></p> <p>At the end of each day ask, "What did I learn today? What did I try hard at?"</p>	<p><b>Eat A Healthy Lunch</b></p> <p>At lunchtime, get up, move away from your desk, and take 10 minutes to eat.</p>
<p><b>Savor The Good Things</b></p> <p>Share a story of something good that's happened, with someone you care about.</p>	<p><b>Strengths Reflection</b></p> <p>At the end of each, day take a few minutes to reflect on how you've used your strengths.</p>	<p><b>Create Playful Breaks</b></p> <p>Create a short play break each day to gather people virtually for a chat, share funny memes or music, tackle quiz questions, or just playfully connect.</p>	<p><b>Schedule Real Breaks</b></p> <p>We all need time to rest and recover. Schedule real breaks into your day and make sure you log off.</p>	<p><b>Sit With Your Struggles</b></p> <p>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.</p>	<p><b>Create A Bedtime Routine</b></p> <p>Give yourself 30-45 minutes to wind down before bed each night with a regular routine.</p>