

# Everyday Wellness

Doing small things consistently can help us stay well. Review the ideas below and underline or make note of things you like to try. Start with one idea from each category. Remember: You are worthy of being well!

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## Physical

- Stretch.*
- Drink water.*
- Take a walk.*
- Eat a nutritious meal.*
- Exercise.*
- Dance.*
- Sit quietly.*
- Take a deep breath.*

## Emotional + Relational

- Smile!*
- Spend time in nature.*
- Call a friend.*
- Listen to music.*
- Have a family game night.*
- Stand in a “power pose” for two minutes.*
- Spend 10 minutes doing something you love.*

## Mental + Spiritual

- Pray or meditate.*
- Read.*
- Listen to a podcast.*
- Talk to a counselor.*
- Join a small group.*
- Find three things to be thankful for.*

