



# Quick Self-Care

Simple wellness habits can transform your busy workday. Recharge in minutes with mindful breaks and hydration.

## Breathing Techniques



Use red lights for quick mindful breathing. Inhale deeply, exhale slowly. Repeat for a mini-reset.



### Hydration Boost

Keep a water bottle handy. Refill it often. Small sips throughout the day helps maintain energy.



### Snack Smart

Keep healthy snacks at your desk. Reach for fruit or nuts instead of sugary treats for sustained energy.



### Recharge Time

Turn “dead time” into recharge time. Listen to a podcast or stretch during your commute.

## Small Shifts



Ask yourself, “What’s one small shift I can make right now to feel better?” Then, do it.

## Intentional Wellness



Small, intentional breaks throughout your day can lead to feeling well, working well, and living with purpose.

Small, purposeful moments can transform your entire day

