

Building Well-being into every day

Recharge your battery — Refuel your tank! What things re-energize you? Make a list and categorize it into things you can do in 10 minutes or less and things that take more time.

Schedule recovery time. Step away from your desk and hold off on checking emails or calls to feel truly refreshed. Make rest a priority by scheduling 15 minutes of “recovery time” on your calendar between each of your significant commitments during the day, wherever possible.

Reconnect to your purpose. Find a quiet place to sit with a pen and paper. Jot down what you think your current purposes in life are — who and what matters most to you, who relies on you, which goals are you pursuing? Does your time and energy allocation help you achieve these? Do they still fit who you are? If not, you’re free to rewrite your story and use your purpose to refocus your intention to a new path and improve health and well-being.

Go for a walk. Simply going for a brief walk — through a park or just down the block — can do wonders, boosting your blood flow and increasing your alertness and focus.

Take a break from a challenge. If you’re facing a challenging problem, your impulse may be to just keep at it until you solve it. However, this can lead to debilitating stress. Give yourself a little time away from the task — run an errand, have a healthy snack, chat with a friend or colleague — and come back with a clear, calm head.

Connect with someone. Reach out and connect with someone you care about — a call, text, email, or face-to-face meeting. Research shows that social connection and meaningful relationships positively impact our overall health and can re-energize our spirit.

Spend time outside. Research shows that even 20 minutes spent outdoors — preferably in the sunlight — can lower anxiety and boost your mood. Eat lunch in the park, take a stroll, or sit on a bench and soak up the sun.

Take a moment to breathe. When you’re feeling stressed, breathing can help rebalance your body’s systems allowing you to reset your mind and body, so you’re better able to thrive. Find a quiet and give yourself a few minutes.. Make sure you’re sitting as comfortably as possible, with a lifted torso and relaxed shoulders.