

## Wellbeing Strategies



**A – Art**



**B – BREATHE!**



**C – Connecting with colleagues**



**D – Dance, like no one's watching**



**E – Practice eye exercises - look up and out**



**F – Find a new hobby or skill to learn**



**G – Get into the garden**



**H – Hug your kids, or cat/dog**



**I – Indoor plants**



**J – Jokes - remember to laugh**

## Wellbeing Strategies



**K – Kindness to others and to yourself.**  
These are challenging times



**L – Lighting - make sure you have a well-lit work space**



**M – Meditation, Music, Mandalas**



**N – Nutrition - take care of your body**



**O – Outdoors**



**P – Pets - they can help keep you calm and regulated**



**Q – Quiet time**



**R – Reading a book or magazine**



**S – See and feel the sun**



**T – Transition routine**



**U – Unplug**



**V – Value your skills and your flexibility during this change in work practice**



**W – Go for a walk in the outdoors and appreciate the beauty of nature**



**X – Find out how many items in your house that have an 'x' in their name**



**Y – Yoga**



**Z – ZZZ - Sleep**