

# WEEKLY WELLNESS MOMENTS

WEEK OF



We hope you have enjoyed the Weekly Wellness Moments series. We know that any change to our routine is stressful and we have been experiencing many changes at work, school, and home. You are valued as a member of the Head Start family. You are important to many people, so exercise self care-everyday. We wish you the best. - The HSC Workforce Development Committee.

MON

## Stop Working in the Evening

Your work is important, but *you* are more important than your work. Stop working if it is getting too late. Try to delegate and find ways to streamline your work. Let go of unnecessary burdensome practices. Sometimes you will have to make deadlines, but if you meet those deadlines, try to take a day off as a reward and enjoy yourself.



TUES

## Tension Body Scan

Every day, do a body scan and see if you are experiencing tension. If so, engage in deep breathing and wiggle your arms to release that tension. Watch your hands and check if they are in a fist or tight. If they are tight, try taking 5 super deep breaths, then take another 5 deep breaths. Find a comfortable space and "go spaghetti" just as children often do, just let your body loose and melt into a chair.



WED

## Go Outside for 5 Minutes

Go outside for 5 minutes, 4 times a day. This is a prescription for wellness. While you are outside, walk back and forth and appreciate your surroundings.



THURS

## Make an Appointment with Self-Care

Schedule self-care activities. Schedule a meeting with yourself and engage in self-care. During this meeting with yourself reflect on your day, stretch, write in a journal, have fun. Look for small intervals of time if you are too busy, but at minimum the meeting with yourself is all about you!



FRI

## Remember to Take Care of Yourself

Personalize self care. Make a list of things that relax you and engage in them at least one, once a day.

Say, "I commit to my wellness." Repeat it, "I commit to my wellness."

We wish you the best.

