

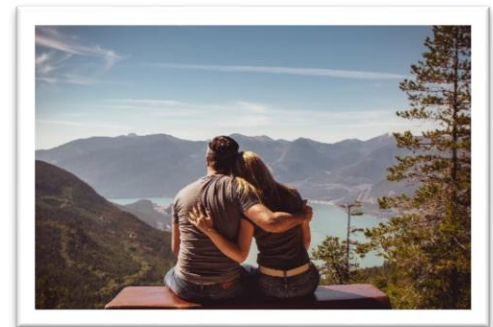
Health and Wellness Tool Kit

Thrive



Essentials for Success

- Staying Calm
- Planning and Forecasting
- Stay connected
- Mentors, Profession, Team and Patients,
- Adaptability
- Resilience
- Inward Reflection
- Keep moving



Physical Health

- Set up a daily schedule for yourself and your family
- Improve Diet
 - Reduce sugars
 - Make more dishes from scratch vs packaged food
 - Get creative with your cooking
- Get Plenty of Sleep 7 plus hours
- Increase exercise
 - Fit Bit 10k steps
 - Online Classes
 - Resistance Bands and Jumping Rope
 - Shooting Baskets (Basketball)

Mental and Emotional Health

Add Stress Reduction Habits/hobbies

Yoga

Breathing Exercises

Reading

Art and other creative outlets

Meditating

Knitting or Crocheting

Turn up the Music and DANCE

Ted Talk Binge

Learn a new skill (baking, gardening, build/ craft)

Be Productive

- Do the projects you have not had time for.

- Clean out your closet

- Spring Deep cleaning your home

- Reduce Clutter in your home. All those piles in the corners

- Clean up your Computer Files

Gardening

Power washing *Very Therapeutic*

Family Time

- Kids

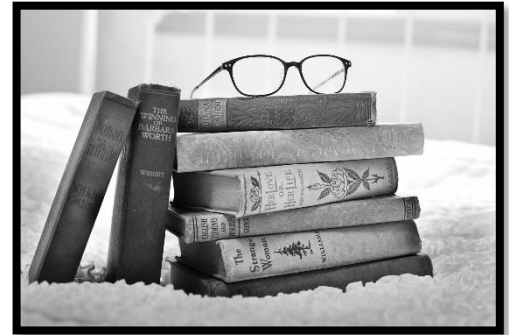
- Siblings

- Parents

Care calls to friends

Look to add more laughter to your day

- Face time Parties



Share your ideas with friends and Facebook or Instagram!

Volunteering in your Community

Donate your extra PPE

Helping your elderly neighbors

Sewing masks for the hospitals

Donate blood

Websites for Resource

- [Yoga](#)
- [Nidra Yoga Meditation](#)
- [Pilates](#)
- [Ted Talks](#)
- [How to make Masks for the Hospital](#)
- [Best Selling Books in 2019](#)
- [Best Board Games](#)
- [Managing Emotions in the Pandemic](#)