

SELF CARE *Activities*

This list is just the beginning! Use the list below as inspiration for the many ways you can practice self-care.

1. Make time to do something that interests you.
2. Try a new activity to lower your stress.
3. Take a break from your cell phone for an hour.
4. Don't sit longer than an hour at a time.
5. Take five minutes to relax and refresh.
6. Practice a random act of kindness.
7. Video chat with a loved one or a friend.
8. Remember to adjust your posture.
9. Incorporate breaks to stand up throughout your day.
10. Don't forget to warm up and cool down when you exercise.
11. Turn off all electronics an hour before going to bed.
12. Set aside 15 minutes for reflection.
13. List five things you are thankful for.
14. Keep a gratitude journal to remind you of all the good things.
15. Listen to your favorite song or a soothing recording.
16. List one new experience that you are happy about.
17. Pause or take a short mental vacation during the day.
18. Practice positive self-talk.
19. Seek out an opportunity to laugh.
20. Set your intention for the day, even if it's half over.
21. Go for a walk to clear your mind and gain a new perspective.
22. Take five minutes to learn something new.
23. Take your medications on time.
24. Communicate mindfully.
25. Pay attention to your body during the day.

Earn Points for Your Self-Care Activities

Report any of your self-care activities on the Grande Health & Wellness portal to earn points! Visit grandehealth.com on your desktop or mobile device and click the *Asset Health* tile to get started. Report your activities on the Activity Tracking page.