

Take a moment when you're struggling to ground yourself

Write down one thing you appreciated about your day

Add a short 5-15 minute yoga break to your daily routine

Open your window for at least five minutes a day

Select only a few media outlets and schedule a set time that you consume them daily

Block off time at the end of your workday to create a short to-do list

Set up reminders to drink enough water

Meditate for 5-10 minutes everyday

Notice, acknowledge, and accept any unwarranted pandemic guilt and move on

Do a sleep habits assessment

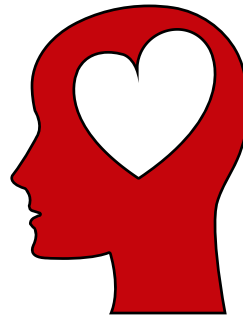
Schedule a weekly virtual social hour with friends, family, or co-workers

Develop a positive self-talk mantra

Schedule a weekly unplugged afternoon or morning

Work a 30-minute walk into your daily routine

32 Mental Health Wellness Ideas



Find a way to give back to the community

Add a houseplant to your home workspace

Winterize your home and workspace

Develop a ritual that helps you switch as you start and stop work

Make a difference by engaging with local social justice organizations

Find a way to laugh

Declutter your home workspace

Send a weekly thank you note

Take a virtual trip from home

Moderate your caffeine intake

Take a moment to breathe

Purchase and prep healthy snacks each week

Work time to stretch into your daily routine

Find someone to talk to that can support you during these difficult times

Burn a candle and/or listen to soothing music while working

Set aside time for a hobby you enjoy or have always wanted to take up

Make space for your own healing and cultivate joy

Schedule a few walking calls/meetings each week