

PAUSE AND RESET



Challenge Yourself with Daily Tasks

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TAKE A BREAK OUTSIDE	EAT ENERGIZING FOODS	SPEND TIME WITH LOVED ONES	LISTEN TO YOUR FAV MUSIC	FIND A QUIET PLACE	DO SOMETHING YOU ENJOY	TURN OFF SOCIAL MEDIA TODAY
Taking breaks allows for a clearer headspace and the ability to refocus on what's needed. Creativity is improved and stress is reduced. Try it!	Good, wholesome foods provide much needed energy and blood sugar balance. Keep some handy during your workday to ensure energy stays elevated.	Cultivating a grateful attitude and heart comes with practice. Spending quality time with loved ones recharges the batteries.	Make a point to plug into your favorite music, podcast, TED talk. Let the feel-good vibes flow.	Find a quiet place to release tension, feel refreshed and more at ease. Try a short, online meditation practice. Assess how you feel.	Create more happiness by doing what you enjoy. Walk outside, read a fav novel, bake, join an exercise class, unplug with friends.	Did you know that Canadians spend (on average) 2 hours and 5 minutes on social media per day? Commit to unplugging for one day.

TIPS TO GET YOU GOING!

<ul style="list-style-type: none"> Get outside if you can. Vitamin N (nature) uplifts spirits. While outside, focus on breathing in the fresh air. 	<ul style="list-style-type: none"> Pack some convenient, healthy foods for your workday. Don't forget about hydrating during the day! 	<ul style="list-style-type: none"> Reminisce about a funny memory. Play a game, enjoy a laugh, or enjoy a meal together. 	<ul style="list-style-type: none"> Keep convenient APPS handy for easy access. Try scheduling time to listen to your favorites. 	<ul style="list-style-type: none"> Online videos are great resources and many are free. Meditation takes practice. Start small. Consistency is key. 	<ul style="list-style-type: none"> Listen to your body when doing any kind of exercise. Make some time for self-care. Be intentional. 	<ul style="list-style-type: none"> Assess how you feel after one day of unplugging. Perhaps this might turn into a weekly, monthly or seasonal practice.
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