

WELLNESS

THROUGH THE WORK WEEK

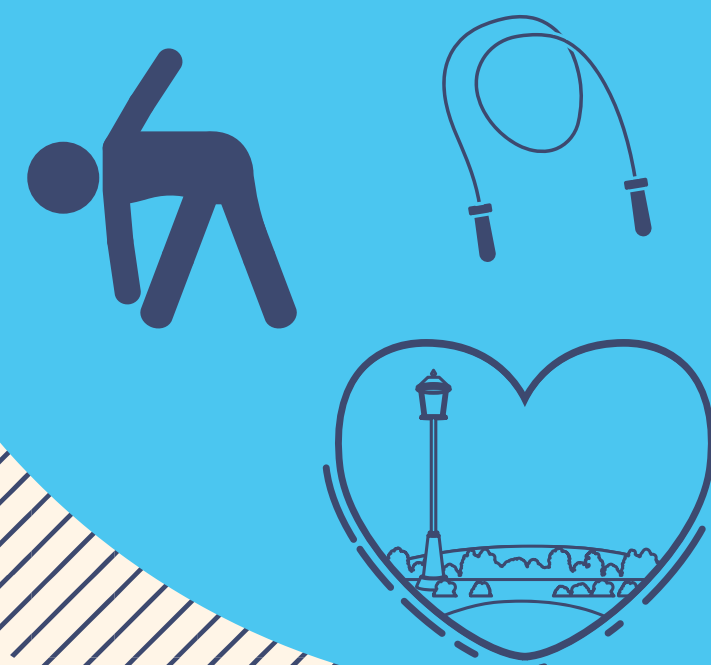
MONDAY: STRESS LESS

While work may be stressful, try to maintain a positive outlook on the week. Practice relaxation techniques and talk to your support system if needed.



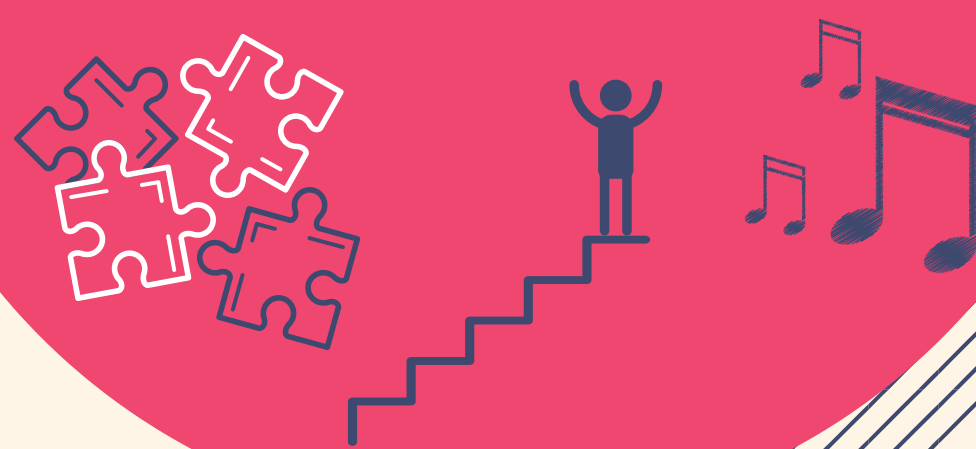
TUESDAY: MOVE MORE

Take a couple of minutes out of your workday to stretch! Go for a walking meeting with your coworker if you can.



WEDNESDAY: BOOST

Try out some boost* exercises during your work break! Listen to music, doodle, hit the stairs, or do a word search race with your coworkers.



FRIDAY: SET GOALS

Get ahead of the game and plan your future goals for the upcoming week(s) or month.



THURSDAY: RAK

Perform a random act of kindness for a fellow coworker. Bring them their favorite snack or help them plan out their tasks!



*Visit <http://gatorcare.org/boost/> for more information.