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Improve Your Resiliency:	Internal Beliefs	Relationships	Initiative	Self-Control
Try 2 Mindfulness-at-Work Activities	Think of 3 things you are grateful for every night or morning for 3 weeks	Pick a family member or friend to catch up with each week	Try a new recipe for a snack or meal 3 times this month	Watch 5 Tuesday Tips videos (intranet> Employee Resources> #DevereuxStrong)
10 gym or at-home workout days and 5 new ab exercises	Take the Devereux Adult Resilience Survey (DARS)	Write a thank you note 3 times this month	Find a local trail to go for a hike 3 days this month	Strive to get 7-9 hours of sleep for 10 days or more this month
Enjoy nature by heading outside to walk, jog or ride a bike 8 times this month	Write 10 affirmations to replace negative thoughts with positive ones		Hydrate! Drink half your weight in ounces of water for 10 days this month	25 miles or 500 minutes of cardio this month
Watch 4 videos from the Resilience Library (intranet> Employee Resources> #DevereuxStrong)	Take Devereux's online course: "Remember Your Resilience-Internal Beliefs"	Spend time relaxing with a pet or favorite person	Spring clean and declutter	Take a break from social media
Watch the [Webinar on Demand] Resilience and Servant Leadership	Choice of 150 pushups, 350 burpees or 1,000 squats this month	Take Devereux's online course: "Remember Your Resilience-A Focus on Relationships"	Read a book or listen to a podcast	Plan a week's worth of meals and include one healthy alternative

May is Mental Health Awareness Month. Celebrate by playing Choose to Move BINGO!