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Improve Your Resiliency:	Internal Beliefs	Relationships	Initiative	Self-Control
Watch 4 videos from the Resilience Library (intranet> Employee Resources> #DevereuxStrong)	Take Devereux's online course: "Remember Your Resilience-Internal Beliefs"	30 minutes of yoga and one minute of child's pose	Enjoy nature by heading outside to walk, jog or bike twice this week	Take a break to relax or do something fun
Spend time on a hobby or watch a movie	Build a workout playlist and set small goals with an accountability buddy	Tell a coworker something you appreciate about them	Work on forming the habit of applying sunscreen or moisturizer with SPF	Stretch for 10-minutes 3 times this week
Think of 3 things you are grateful for every day this week	Take the Devereux Adult Resilience Survey (DARS)		Cook a healthy meal	Replace 30 minutes of screen time with 30 minutes of physical activity twice this week
Go for a walk or run 3 days this week	Hold a plank for at least one minute	Take Devereux's online course: "Remember Your Resilience-A Focus on Relationships"	Read or listen to a book	Hydrate! Drink half your weight in ounces of water
Watch 5 Tuesday Tips videos (intranet> Employee Resources> #DevereuxStrong)	2 days of workouts from YouTube or an app	Reach out to a friend or family member you haven't talked to in a while	Spend a few minutes each day on tidying, planning or reorganizing	20 jumping jacks 10 squats 10 forward duckwalks 10 backward duckwalks 20 lunges 10 pushups 40 punches

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