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Improve Your Resiliency:	Internal Beliefs	Relationships	Initiative	Self-Control
Cat-cow poses Downward dog Plank Cobra Warrior 1 Warrior 2 Peaceful warrior Extended triangle pose	Watch a motivational video or listen to a podcast	30-minute walk, run or bike ride	Try a morning or bedtime meditation 2 times this week or try 2 Mindfulness-at-Work Activities	40 squats 20 calf raises 20 lunges 20 side leg raises 20 side lunges 40 butterfly crunches
Watch 4 videos from the Resilience Library (intranet> Employee Resources> #DevereuxStrong)	Practice flipping negatives to positives and reframing challenges as opportunities	Send a thank you note to someone who has influenced your life in a positive way	Spend time with a pet or favorite person	Try 30 seconds of the yoga tree pose on both sides and take a 20-minute walk
30 minutes of yoga and one minute of legs up the wall pose	20 forward kicks 20 reverse kicks 30 sumo squats 30 boxer jabs 30 boxer hooks 50 crunches 60 stair step ups		Listen to music	Meal prep or plan ahead for meals for 3 days
Watch 5 Tuesday Tips videos (intranet> Employee Resources> #DevereuxStrong)	Try to cut back on sugar, sodium and unhealthy fats by reading nutrition labels	10 hip raises 20 plank rotations 30 turning kicks 40 bird dogs 50 hip extensions	Go for a walk before or after work	Do a crossword, Sudoku or other puzzle
Think of 3 things you are grateful for every day this week	10 burpees or knee pushups 20 front and side arm raises 20 bicep curls to overhead press 30 V-ups 40 squats	Give a compliment	Spring clean or declutter something	Hydrate! Drink half your weight in ounces of water

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