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Improve Your Resiliency:	Internal Beliefs	Relationships	Initiative	Self-Control
30 minutes of yoga and one minute of child's pose	Think of a non-scale victory you've had this month	3 days of strength training	Try 2 <a href="#">Mindfulness-at-Work Activities</a>	Hydrate! Drink half your weight in ounces of water
Think of 3 things you are grateful for every day this week	Eat 5 servings of fruit and vegetables	Give a coworker positive feedback	Enjoy nature by heading outside for a walk twice this week	20 high knees 20 push ups 30 single leg deadlifts 40 lunges 50 bicycle crunches
Watch 5 Tuesday Tips videos (intranet> Employee Resources> #DevereuxStrong)	Two-minute wall sit		Cat-cow poses Downward dog Plank Cobra Warrior 1 Warrior 2 Peaceful warrior Extended triangle pose	Treat yourself to something you enjoy
20 star jumps 30 calf raises 30 drinking birds 40 chair dips 50 front kicks 50 donkey kicks 50 fire hydrants	Practice self-compassion and deep-breathing techniques	Share a funny video	Watch the <a href="#">[Webinar on Demand] Resilience and Servant Leadership</a>	Take a nap, go to bed early, or sleep in one day this week
Watch 4 videos from the Resilience Library (intranet> Employee Resources> #DevereuxStrong)	Look at old photos	25 single-leg glute bridges on each side	Try a new recipe	30 minutes of yoga and 30 seconds of standing forward bend

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