

Self-Care Menu

- Take Devereux's online course: "Remember Your Resilience- A Focus on Relationships"
- Take Devereux's online course: "Remember Your Resilience- Internal Beliefs"
- Watch 4 videos from the Resilience Library (intranet>Employee Resources> #DevereuxStrong)
- Watch 5 Tuesday Tips videos (intranet>Employee Resources> #DevereuxStrong)
- Take the [Devereux Adult Resilience Survey \(DARS\)](#)
- Watch the [\[Webinar on Demand\] Resilience and Servant Leadership](#)
- Try 2 [Mindfulness-at-Work Activities](#)
- Schedule a dental cleaning, physical or any necessary screenings that are due
- Eat 5 servings of fruit and vegetables
- Get 7-9 hours of sleep
- Spend time doing something fun
- Take time-off to relax and recharge
- Strive to get 150 minutes of physical activity each week
- Strength train for 2-3 days each week
- Make a workout playlist
- Stretch for 10-minutes 3 times a week
- Take a walk in nature
- Take a break from social media
- Replace 30 minutes of screen time with 30 minutes of physical activity
- Enjoy some alone time
- Take short breaks to recharge
- Practice deep breathing exercises
- Strive to eat 3 meals and 2 snacks a day
- Drink half of your body weight in ounces of water
- Drink only water for the day
- Reduce your consumption of sugar, sodium and unhealthy fats by reading nutrition labels and making mindful choices
- Find an alternative to a craving
- Try a new recipe for a meal, snack or dessert
- Spring clean or declutter something
- Wash and detail your car
- Have an at-home spa day
- Do something creative
- Garden
- Relax in the sun
- Practice asking and receiving help
- Practice self-awareness and reflection
- Enjoy a scented candle or aromatherapy
- Call Carebridge or join a support group
- Write 10 affirmations
- Practice self-compassion
- Watch a funny video
- Spend time with a pet, friends or family
- Catch up with someone you haven't talked with in a while
- Tell a coworker something you appreciate about them
- Find a hobby
- Watch a movie or tv show
- Sing or dance
- Take a yoga class or find a video online
- Watch a sunset or sunrise
- Volunteer for a cause or participate in a virtual walk or run
- Meditate in the morning or at bedtime
- Watch an inspirational video or Ted talk
- Read motivational quotes
- Make an action plan to achieve your short- and long-term goals
- Go on a date
- Eat outside
- Enjoy a cup of coffee or tea
- Learn a foreign language
- Learn to play a musical instrument
- Write a thank you note or send a card
- Take time for lunch
- Set boundaries
- Learn to be more comfortable saying no
- Take a mental health day
- Do not work during your time off
- Don't work overtime as often
- Schedule all your vacation days
- Take a class or workshop
- Form the habit of applying sunscreen or moisturizer with SPF
- Play a game
- Make and follow a one-year spending plan to budget for the year ahead

- Call TIAA for a retirement savings check-up
- Listen to music
- Learn something new
- Read a book for personal development or for fun
- Read before bed instead of watching tv or spending time on your phone
- Journal your thoughts
- Visit a zoo, aquarium or gallery
- Pick a family member or friend of the week and do something nice for them
- Look at old photos
- Sleep in, take a nap, or go to bed early
- Try mindful eating by putting down your utensil between bites to enjoy the flavor
- Try mindful walking by listening and looking at your surroundings in the present moment
- Give yourself a compliment
- Reframe challenges as opportunities
- Flip negative thoughts to positive ones
- Go for a walk, run or bike ride
- Find a local trail and go for a hike
- Think of 3 things you're grateful for every day
- Do a crossword puzzle, Sudoku, word search or jigsaw puzzle
- Make a smoothie
- Color, paint or draw
- Try some new exercises
- Plan your meals for the week
- Meal prep to save time and energy
- Take a day trip
- Set a timer to organize an area for 15 minutes
- Spend time outdoors
- Enjoy some comfort food
- Cook a healthy meal
- Make a list to get essential tasks done
- Drop or add a habit
- Do a brain dump
- Challenge yourself to complete a certain number of exercises or exercise minutes for the week or month
- Think of a non-scale victory you've had this month
- Go for a walk before or after work
- Send a thank you note to someone who has influenced your life in a positive way