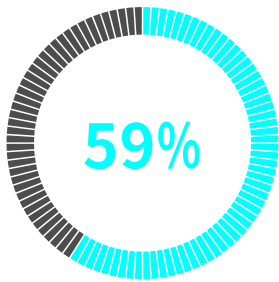


Wellness at Work

After every 20 minutes of work you should take a break and stare at something 20 feet away for 20 seconds.



Did you know?



59% of employees feel that their manager cares about their personal wellbeing. Practice open communication about boundaries with your supervisors to protect against burnout.

Self Care Challenge

Do an activity you enjoyed as a child. Let yourself experience joy without judgement!



Benefits of Spring Cleaning

Living in a cluttered, disorganized, or untidy environment can significantly impact your mental well-being, inducing feelings of chaos and hindering cognitive function. Clutter exacerbates symptoms associated with anxiety, ADHD, and obsessive-compulsive disorder, among others. As spring brings warmer weather and opportunities to ventilate indoor spaces, it presents an ideal time to rejuvenate your living environment. Nevertheless, the concept of spring cleaning may seem daunting, especially when dealing with conditions like depression that deplete motivation and energy. Anxiety and ADHD further complicate matters by impeding the creation and execution of structured plans. To enhance both your home and mental health this season, consider the following strategies:

1. Break tasks into manageable chunks instead of attempting to tackle everything simultaneously. Focus on one room or specific area at a time.
2. Prioritize tasks based on their impact on your well-being. Whether it's addressing a cluttered living room or organizing a single kitchen drawer, start with what feels most pressing or achievable.
3. Reward yourself for completing each task with a well-deserved break by engaging in a relaxing or enjoyable activity.

Spring cleaning not only streamlines daily routines but also serves as a motivating and invigorating process in itself.



Opt Outside

- Find a good hiking trail in your area
- Visit a local park
- Volunteer to clean up an area of town
- Go on walks throughout your work day
- Feed ducks or birds
- Volunteer to walk dogs at a shelter
- Plant a garden
- Go camping
- Explore a new area near your community

