

Wellness Nuggets

For your emotional, physical, and spiritual wellbeing.

EMOTIONAL

Emotional health is strengthened as you connect with yourself and others. It's feeling compassion, love, and genuine caring for yourself and others.



- Pause and breathe throughout the day.
- Read something that interests you, before bed or at lunch.
- Take a 3-5 minute break to sing and/or dance.
- Call or text a loved one just to say hello and that you're thinking of them.
- Watch something funny and laugh until you cry.
- Color, paint, sketch . . . let your mind be unconstrained by the rules.

PHYSICAL

Physical health comes from tending to your body with intention and compassion. It comes from things like rest, food, movement, and sleep.



- Pause and breathe throughout the day.
- When you get up to go to the bathroom, walk around your house a couple of times.
- Drink a glass of water when you wake up.
- Go to bed 15-30 minutes earlier than normal.
- Put the healthy food at the front of your fridge so you see it first.
- Stretch your body whenever you think about it.
- Take a 10-minute walk outside.

SPIRITUAL

Spiritual health comes from feeling connected to something larger than yourself that brings you a sense of meaning and purpose.



- Pause and breathe throughout the day.
- Grab moments of solitude.
- Jot down something you're grateful for every day and share it with a friend.
- Meditate for 5 minutes each morning or evening.
- Spend time outside.
- Bring your neighbor's trash cans in from the curb when you bring yours in.
- Attend a church or other spiritual service online or in-person.

Look at the list above and think small nuggets!
What's ONE new thing you can try this week?