



employee wellbeing Resilience Calendar

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<p>Write down 3-5 things you feel grateful for no matter how small. Research shows acknowledging things you are thankful for can boost feelings of happiness.</p> <p>Click here for ideas on starting a journal.</p>	<p>Share a laugh. Laughter is a natural stress reliever. Tell a joke, reminisce about a funny time or share a funny video.</p>	<p>Take 3 deep breaths. Let your worries go and expand your awareness. Feel the softness, freshness and spaciousness.</p> <p>Click here for guided deep breathing.</p>	<p>S.T.O.P.</p> <ul style="list-style-type: none"> Stop what you are doing. Take a few deep breaths. Observe thoughts, emotions, and body sensations. Proceed with more awareness. 	<p>Put away your phone and other screens when you're having a conversation, even with the people you see every day, so you can fully listen and notice their facial expressions and gestures.</p>	<p>Let a colleague know why you appreciate them. Write a hand written note or send an INSPIRE.</p> <p>Click here to use INSPIRE.</p>	<p>Make healthy habits daily habits. Watch this video to learn more.</p> <p>Click here for video.</p>
<p>Schedule time for relaxation. Try a guided meditation, read a book or take a yoga class.</p> <p>Click here for guided meditation.</p>	<p>Reduce stress with a few simple stretches.</p> <p>Click here for a stress/stretch break.</p>	<p>Think about a family member, friend or coworker. What has their mood been like lately? What's going on in their life that might be making them happy or sad? What could you do to improve this situation?</p>	<p>Create a "Tada!" list of your victories. Review these successes (no matter how small) on the way home from work.</p>	<p>Schedule a Heart Attack Risk Screening for you or a loved one today! Call 540-536-3040.</p> <p>Click here for the HARP schedule.</p>	<p>Have you considered your sleep habits? Check out our 8 Tips for Better Sleep. Click the link here.</p> <p>Click here for better sleeping tips.</p>	<p>Take a walk in the park or sit in a green space on your lunch break. Spending even 5 minutes around trees can improve your health.</p> <p>Click here for information on the State Arboretum of Virginia.</p>
<p>Learn life lessons from books. Click link for your local library:</p> <p>Hampshire County Morgan County Page County Shenandoah County Warren County Winchester/Frederick/ Clarke County</p>	<p>Start today with a smile. Smiling activates neural brain circuits associated with well-being and happiness. It also feels good to smile, especially when you do it regularly.</p>	<p>Learn about Valley Health's Growing Community Garden.</p> <p>Click here to learn more about the garden.</p>	<p>Keep Cool. Take 5 minutes to meditate when you are feeling overwhelmed.</p> <p>Click here for a relaxation video.</p>	<p>Get Grounded Notice 5 things you can <i>see</i> Notice 4 things you can <i>feel</i> Notice 3 things you can <i>hear</i> Notice 2 things you can <i>smell</i> Notice 1 thing you can <i>taste</i></p> <p>Click here and see what you notice.</p>	<p>Self-talk influences your attitude. Come up with a go-to saying or a list of affirmations to recite out loud or quietly to yourself, such as, "I am whole, healthy and strong."</p>	<p>Build positive momentum! By eating healthy, you can boost your resiliency and your immunity.</p> <p>Click here for information on healthy eating for a lifetime.</p>
<p>Stay Active--just for the fun of it. Watch this video to learn more.</p> <p>Click here to watch the video.</p>	<p>Face challenges with strength... for a better mood tomorrow.</p> <p>Click here and try these five steps.</p>	<p>Pump the "breaks" with Resistance Bands. Take 5-10 minutes every hour to increase energy levels at work.</p> <p>Click here for simple resistance band exercises.</p>	<p>Practice this loving and kindness meditation: "May I be happy, may I be healthy, may I be safe, may I be at peace." You can also extend it to others by adding "may you be happy..." and so on.</p>	<p>Reduce stress and move more. Learn about getting more movement and reducing tension.</p> <p>Click here to learn more.</p>	<p>Understanding your stress. A + B + C = X.</p> <p>Click here to learn more about changing your choices.</p>	<p>Tracking your financial health is as important to your well-being as taking care of your physical health.</p> <p>Click here to learn more.</p>