

Take time to refocus, energize, and feel better during your workday.

Use this log to keep track of your breaks and lunches.

Try the suggested daily activities or practice self-care in whichever way you choose.

Click blue text to access online resources.

 Month & Year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try aromatherapy Break Lunch	Explore Elevate My Wellness Break Lunch	Recharge with a cup of tea Break Lunch	Send a high-five to a coworker Break Lunch	Take a walk Break Lunch	Listen to music Break Lunch	Gaze out a window Break Lunch
Try a crossword puzzle Break Lunch	Reorganize your work area Break Lunch	Meditate Break Lunch	Talk to a coworker Break Lunch	Try progressive muscle relaxation Break Lunch	Write in a journal Break Lunch	Pet a furry friend Break Lunch
Make a wellness appointment Break Lunch	Try creative visualization Break Lunch	Practice belly breathing Break Lunch	Write a letter of appreciation Break Lunch	Stretch your body Break Lunch	Read a book Break Lunch	Go to a Farmers' Market Break Lunch
Have a mindful moment Break Lunch	Create a positive affirmation Break Lunch	Enjoy a wellness class Break Lunch	Call a friend Break Lunch	Eat a healthy snack Break Lunch	Color, paint, doodle Break Lunch	Sit quietly in nature Break Lunch
Use your 5 senses Break Lunch	Check in with yourself Break Lunch	Try a standing meditation Break Lunch	Practice kindness Break Lunch	Rest your eyes Break Lunch	Do nothing Break Lunch	Get up and dance Break Lunch

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