

BROOKLYN CENTER

**PERSONAL+
COMMUNITY
WELLNESS**

Tip #1: Breathe

Set a timer on to go off every 30 minutes, or the best timing for you, and notice your breath. Take at least one full belly breath and then resume what you were doing and then keep breathing!

Tip #2: Water

Drinking water helps your body feel good, your brain work more efficiently and better regulates your mood. Keep a glass of water with you and take small drinks throughout the day. If you need flavor, add a slice or two of fresh fruit.

Tip #3: Natural Daylight

Did you know?? Natural daylight in the morning on your skin and in your eyes can reset your body's hormone balance, positively impacting mood and emotions. Even if you aren't able to get outside, go to a window and look at the sky in the morning (not directly into the sun) for two minutes to help your body and mind prepare for the day. Bonus: practice deep breathing at the same time!

TIP #5: MOVEMENT

Moving for a few minutes at a time, multiple times per day, has been shown to increase our "feel good" hormones, helps to reset and activate our brains, as well as release stuck emotions and tension from our bodies.

Visit: <https://brooklyncenter.ce.eleyo.com/> to find movement classes for ages 14+.

Tip #4: Sleep

Everything works better and feels better when we get enough sleep. Start preparing for the night's sleep an hour before bedtime by shutting down electronics and allowing your nervous system to calm and relax. Aim to go to bed and get up at close to the same time everyday, and try to get 7 to 8 hours of sleep.

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