

Self-care activities:

Take a Walk

Go for a 20-minute walk to start your day.

Aromatherapy

Sprinkle essential oils on your pillow before bed.

Relax

Do some deep breathing exercises in the middle of the day.

Rest

Go to bed an hour early.

Your Wellbeing Activity

Schedule some “me time”

Carve out time on your calendar and choose at least one self-care activity to do this week



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