

30 Ways To Use Your Monthly Moment of Wellness

1. Breathe, breathe, breathe: On your own, or [download](#) a free guided breathing app
2. Schedule a 1:1 session (or small group) with the [wellbeing specialist](#) for guided breathing, yoga, Reiki, etc.
3. Take a walk inside or outside of your building... without any electronic devices
4. Use the BCE or BCS [campus walking route maps](#) to discover different areas around the campuses
5. Use the [BCS hallway mileage map](#) to track your distance on an indoor walk
6. Visit a Staff Serenity Space (5910: in the district offices; BCE: admin offices suite; BCS: room C328 and the staff clinic reception area)
7. Hydrate, hydrate, hydrate
8. Choose a one - ten minute [mindful movement practice video](#)
9. Choose a 10 - 15 minute [guided mindfulness session video](#)
10. Choose a 40 - 65 minute [yoga class video](#)
11. Connect with one or more colleagues that are available and use this [virtual card deck](#) for team building
12. Write a note of gratitude - to a student, to a colleague, to a friend or family member, or to yourself
13. Eliminate as many sensory inputs as possible (lights down or use an eye mask; turn off as much sound as possible or use ear plugs; etc.)
14. Try some [somatic practices](#): take off your shoes and wiggle your toes and feet; gently shake out your hands and arms; place your hand on your shoulders or chest or belly or back and gently tap or massage or feel your breath
15. Reduce clutter in your space
16. Journal: consideration to focus on [gratitude or abundance mindset](#) and notice what happens to your mindset
17. Savor a [nutrient-dense](#) snack or meal that supports regulated energy
18. Enjoy your favorite song or genre of music (and option to dance!)
19. Close your eyes and rest your spine and head on a cushioned surface; cover yourself with your coat or a blanket
20. Stand up if you have been sitting for hours
21. Smile. Notice your posture. [Explore posture](#) exercises and adjustments and how you feel.
22. Sit down if you have been standing or moving for hours
23. Physically move away from screens and electronic devices, especially if you have been in front of one for hours
24. Do 10 to 20 minutes of [stretching, twisting, bending and reaching](#); in a chair, standing, leaning on a wall, etc.
25. Read a paper book or magazine
26. Print off free [coloring sheets](#) and color, by yourself or with a colleague
27. Chat with a colleague: Ask them what is going well and share something good in your world
28. [Daydream](#)
29. Stand outside or look out a window; get natural light on your face and/or breath fresh air
30. Check out the district's EAP resources and services: [AllOne Health Assistance Program](#) (create an account using code bccschools) and our on-site therapy through Good Human Work at [goodhumanwork.com/bccs](#).