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Wellness Break Checklist

Refresh your day with these mini wellness tasks

- SEND A TEXT MESSAGE TO SOMEONE YOU LOVE ❤️
- DRINK A GLASS OF WATER 💧
- TAKE 5 DEEP BREATHS 🌬️
- TAKE A PICTURE OF A PLANT OR TREE 🌿
- WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR 📓
- FIND SOMETHING ON OR AROUND YOUR WORKSPACE THAT'S UNIQUE TO YOU ✨
- STAND UP AND STRETCH 🧘
- TAKE A DOODLE BREAK 🖍️
- PLAY YOUR FAVORITE SONG 🎵
- PLAN TO DO SOMETHING SPECIAL FOR YOURSELF 📅

