

ONE MINUTE BREAKS



Stretch

Get up and stretch! Take a quick stretch or practice yoga. Free yoga sessions are available at canton.edu/wellness



Write down your thoughts

Keep a journal or write down bullet points of your thoughts. Try writing solutions to anything troubling you, this will help organize priorities.



Take Deep Breaths

Take five deep breaths to relieve stress. Breathe in through the nose and out through the mouth.



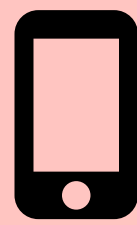
Boost self esteem

Give yourself a pep talk! Use positive self talk to relieve negative thinking. Tell yourself how wonderful you are!



Make a to-do list

Make a quick list of everything you need to get done. If you're overwhelmed, schedule time to complete each task.



Put down your phone

Social media and YouTube can wait.

For more on wellness, visit

canton.edu/wellness or on RooLife: Wellness Promotions