

# Wellbeing Balance

<p><u>Take a 10 minute stretch break at work</u></p> 	<p>Write down three things you're grateful for.</p> 	<p><u>Take a Yoga for Balance class</u></p> 	<p><u>Attend a Burnalong webinar</u></p> 
<p><u>Try this Meditation for Happiness</u></p> 	<p><u>Meal prep for the week</u></p> 	<p>Declutter your workspace or a small area at home</p> 	<p><u>Mind Body Reset to Ease Stress and Tension</u></p> 
<p>Drink at least 8 glasses of water today</p> 	<p>Go for a mindful walk, focusing on your surroundings</p> 	<p><u>Check out this breathwork class</u></p> 	<p>Turn off notifications for one hour of focused work</p> 
<p>Get 7-8 hours of sleep tonight</p> 	<p><u>Complete this Tropical Core and Balance Workout</u></p> 	<p>Follow a new instructor and try one of their classes.</p> 	<p><u>Try this Balance, Strength, and Stretch class</u></p> 