

Digital Life Tips	Tips for your Surroundings	Social Life Tips	Just for You Tips	Reflection	Regulation	Relaxation
Make a folder on your phone with your favorite photos and look at them when you need a pick-me-up. Even just a few photos of treasured memories can bring you a boost when you need it most.	Update and change the spaces that you see every day. Add new plants or swap out photos in frames to refresh your space. Incorporate a new scented candle, light fixture or paint a new accent wall to brighten things up and re-energize the spaces you spend the most time in.	Connect with coworkers in non-work ways. Schedule a virtual coffee, lunch or maybe even a socially distanced walk to catch up on life. Even just 10 to 15 minutes can help you connect with colleagues in a meaningful way.	Make time for sensory rest. Our senses are bombarded all day long with glowing screens, endless advertisements and more. Cover your eyes and lay in a comfortable, quiet spot to give your senses a true rest.	What it means - Noticing your reactions & patterns so that you can plan self-care.	What it means - Shifting your energy to a place that is comfortable.	What it means - Engaging in activities that invite joy, play and connection.
Schedule daily reminders in your phone to do something you love or to do a self-care activity. Make a schedule for breaks in your day and do your best to stick to it.	Enjoy the outdoors in a new way. Try a new outdoor activity like geocaching or birding as a way to interact with nature in a new way, or simply pick a new walking or hiking trail in your area that you haven't explored before.	Go old-school with staying in touch. Write letters to a friend, mail a care package or swap books. Schedule a phone call instead of checking in via text. Changing the way you connect can help it feel new and more meaningful.	What did you like to do when you were a kid? Did you like to fly kites, color or solve puzzles? Did you have a favorite movie, book or TV show back then? Were you fascinated with topics like space or animals? Bring back an old activity you like to do and enjoy the feeling of nostalgia it brings.	What it means - Pausing to think about how you're feeling & if your energy matches what you're doing in the moment.	What it means - Responding when you notice an increase in stress.	What it means - Focusing on keeping yourself strong & balanced.
Spring clean your digital life. Delete apps you don't use, unsubscribe to emails you don't read, unfollow people on social media that don't bring you joy, turn off push notifications that stress you out. Block social media/apps with an app blocker and check in with how you feel without them. Turn your phone on airplane mode and ignore all texts, emails, call and messages for a period to give yourself a break.	Volunteer your time or resources. Go through your closets or belongings and find some things to donate or sell - a great way to declutter your space and help others at the same time.	Create boundaries - say no to things if you don't feel you have the energy or headspace to take them on right now. Your time is valuable, don't be afraid to protect it.	Start a new gratitude journaling practice. This is a great way to reflect on things that bring you joy and happiness throughout the week.	What it means - Knowing your "push buttons" - how you typically respond vs how you'd like to respond	What it means - utilizing strategies to calm down & cope with stress.	Ideas for Relaxation - Gentle stretching, going for a brief walk, guided progressive muscle relaxation, scheduling a call with someone who helps you feel calm.
Start a group text with friends you don't see very often. All it takes is a simple, "Just checking in!"		If you're struggling with anxiety, depression or grief, be honest when someone asks how you are. We're all experiencing degrees of change and uncertainty right now, and being honest can help start a dialogue and opens that door for you to give and receive support.	Learn a new way to take care of yourself. Try cooking a new recipe, giving yourself a spa treatment, working in a garden, etc. Build a skill and invest in taking care of yourself at the same time.	What it means - Reflecting on your work & your relationships with others.	What it means - Engaging with people & in activities that make you feel comfortable & calm to help you better manage stress.	Ideas for Relaxation - Everyone relaxes in different ways. Integrating those activities that bring you joy, and a true sense of calm consistently throughout your day can help with maintaining overall balance & improved stress management.
				What it means - Thinking about the behaviors of others & the reasons for that behavior.	Ideas for Regulation - Grab a pen & paper & go somewhere quiet. Write down your thoughts without censoring or judging them. Capture everything circulating in your mind & keep writing until it's all out. Then rip it up! Put the pieces in the trash & take a breath.	
				How to practice Reflection - keep a mood journal. Throughout the day, mark yourself on a scale of 1-10, where 1 is completely calm & 10 is the most stressed. Note the time, so you can look back at the end of the day or week & identify patterns. Building in time to do something calming at specific times as part of your routine can help you better manage stress.	Ideas for Regulation - Engage your senses. Use fidgets, consider aromatherapy, or listen to music that helps you shift your energy where you want it to be.	
				How to practice Reflection - track 3 good things - at night, let your mind wander over your day, including where you've been & who you interacted with. Next, identify 3 things that made you smile. This could be a moment of kindness, a smell or sound, or a job well done. Note those 3 things & consider why each of them are good.		