

OCC & QEP PRESENTS

PRACTICING WELL-BEING AT HOME

Be Well Week 2020

MEDITATE

Mindful meditation can lower anxiety and stress, improving mental health and well-being



PRACTICE FOOD MINDFULNESS

Eating mindfully can help you become aware of your current eating habits

DECLUTTER, DECLUTTER, DECLUTTER

Decluttering can become an important way to practice self-care



DO SOMETHING NEW.

Use the opportunity to learn new skills or a hobby



WRITE OR JOURNAL YOUR THOUGHTS

Take 10 minutes, and jot down whatever is on your mind. Mentally release those things as you write

