

B	W	E	L	L
Turn your phone off for 1 hour	#nvwellnessweek2020 in a Post on IG / Twitter	Eat a healthy breakfast	Stretch before bed	Reach out to someone with whom you've lost touch
Attend NVCC drop-in workshop on Self-Care	Try a new recipe	Say something nice to yourself in the mirror	1 Minute Deep Breathing	Smile at someone
Take time for yourself	Watch a Ted Talk on wellness	FREE	1-mile walk	Make someone laugh
Meditate	Take a nap	Notice 3 things for which you are grateful	Make a donation	Read for 30 minutes
Go to sleep 1 hour earlier	Ask for help	Send someone a card via snail mail	Write an "I See You" note to someone	Complete a task you've been putting off

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