FEELING COVID FATIGUE?

Squeeze in some self-care with micro-practices for boosting your wellbeing.

**BREATHE** Take five deep breaths—any time, anywhere.

**HAVE A MINDFUL MOMENT** Notice what you see, hear, smell, taste, and feel.

**STEP OUTSIDE** Enjoy the fresh air and perhaps a glimpse of nature.

**TAKE AN ENERGY BREAK** Stretch, get hydrated, grab a healthy snack.

**HAVE A FEW MORE MINUTES?**
Call a friend or family member, read a book or magazine, or pick up a new or old hobby.

Want more ideas?

FOR STAFF & FACULTY
FOR STUDENTS

DOING OUR PART