HEALTH
UNIVERSITY OF UTAH

DO SOMETHING FOR YOU TODAY

- EAT SOMETHING YOU LOVE
- LIVE IN YOUR VALUES
- CALL OR MEET WITH A LOVED ONE
- BREATHE
- BE FEARLESSLY AUTHENTIC
- FIND JOYFUL MOVEMENT
- FEEL THE MOMENTS
- SET BOUNDARIES
- BE CURIOUS
- TAKE A BREAK
- DO ONE THING AT A TIME
- PRACTICE A SMALL MOMENT OF GRATITUDE
- SPEND TIME OUTSIDE

To learn more, request a wellness presentation from Osher Center for Integrative Health wellness team