



Lifestyle Medicine

Finding Balance Outside of Work

Taking good care of ourselves is always important, but during times of stress, it's critical. Below are four quadrants of wellness – mind, body, relationships, and community. If you're in need of stress-management but aren't sure where to start, ask yourself: **"Where do I feel unbalanced? What do I need right now, in this moment?"** Choose the quadrant that is in need of some extra support, then choose an option from the list. If you're choosing between a few options, ask yourself **"If I choose to do this, how will I feel afterward?"** to ensure your action will have the desired effect. You may also consider adding your own ideas, asking yourself **"What has helped me to feel better in the past?"**

Mind

- Take the deepest breath you've taken all day
- Watch a funny video
- Ask someone for support
- Practice guided meditation
- Read a book
- Listen to a podcast
- Cook a meal
- Name 3 good things that happened today
- Light a candle
- Write your to-do list down
- _____
- _____

Body

- Go for a walk on your lunch break
- Eat something nourishing (like a vegetable)
- Go to bed early
- Do a full-body stretch
- Dance to your favorite song
- Take a warm bath or shower
- Turn off your phone an hour before bedtime
- Try a new virtual exercise class
- _____
- _____
- _____

Relationships

- Call a loved one
- Take a furry friend for a walk
- Forgive someone you've been upset with
- Have coffee with a friend over FaceTime
- Reach out to a member of your religion or faith group
- Compliment someone
- Create a virtual book club with friends
- Hug someone you love for 20 seconds
- _____
- _____
- _____

Community

- Walk or bike somewhere (instead of driving)
- Declutter a drawer in your home
- Notice new leaves on trees
- Wave to a neighbor
- Support a local business
- Make your bed
- Use a travel mug instead of a one-time use cup
- Pick up litter or trash in your neighborhood
- _____
- _____
- _____