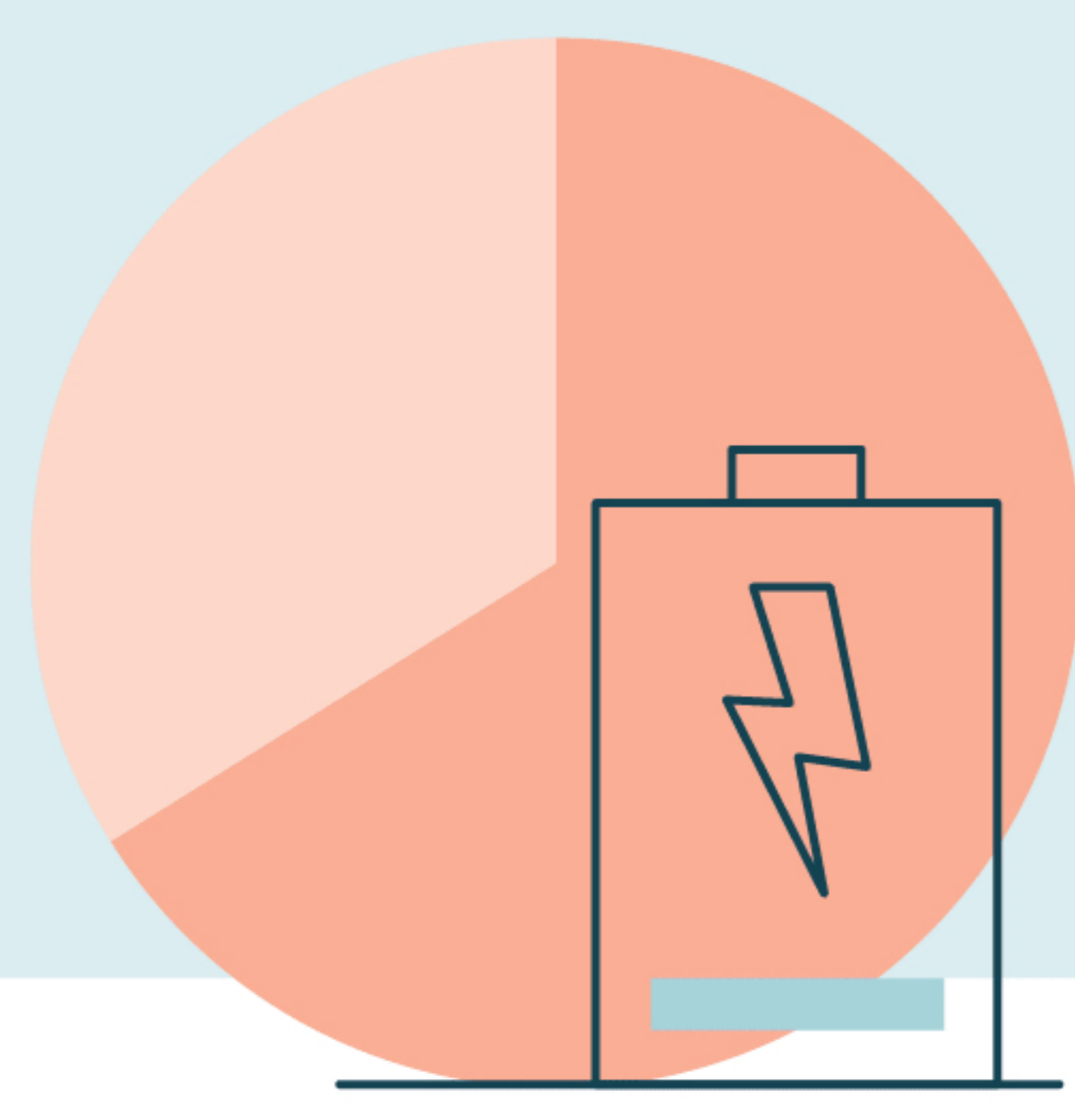
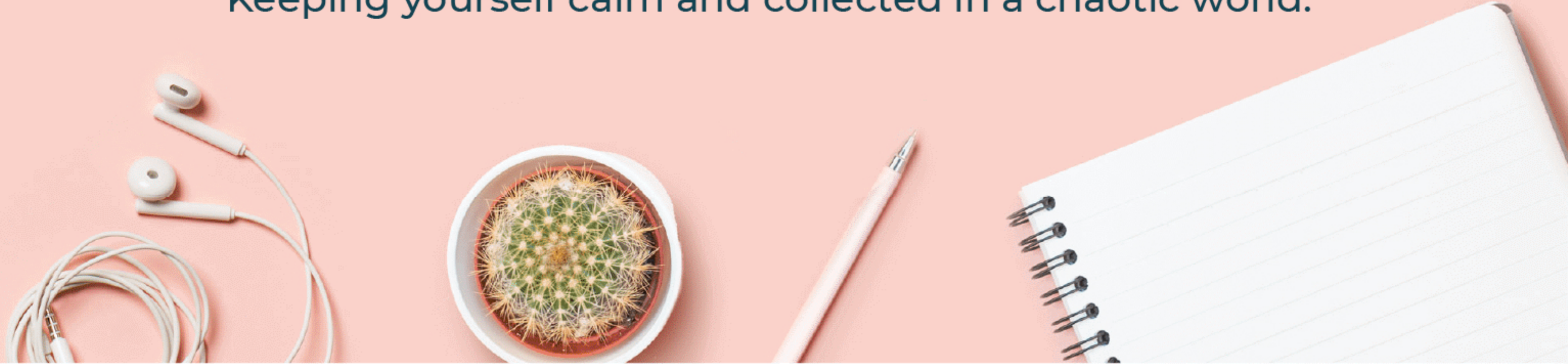
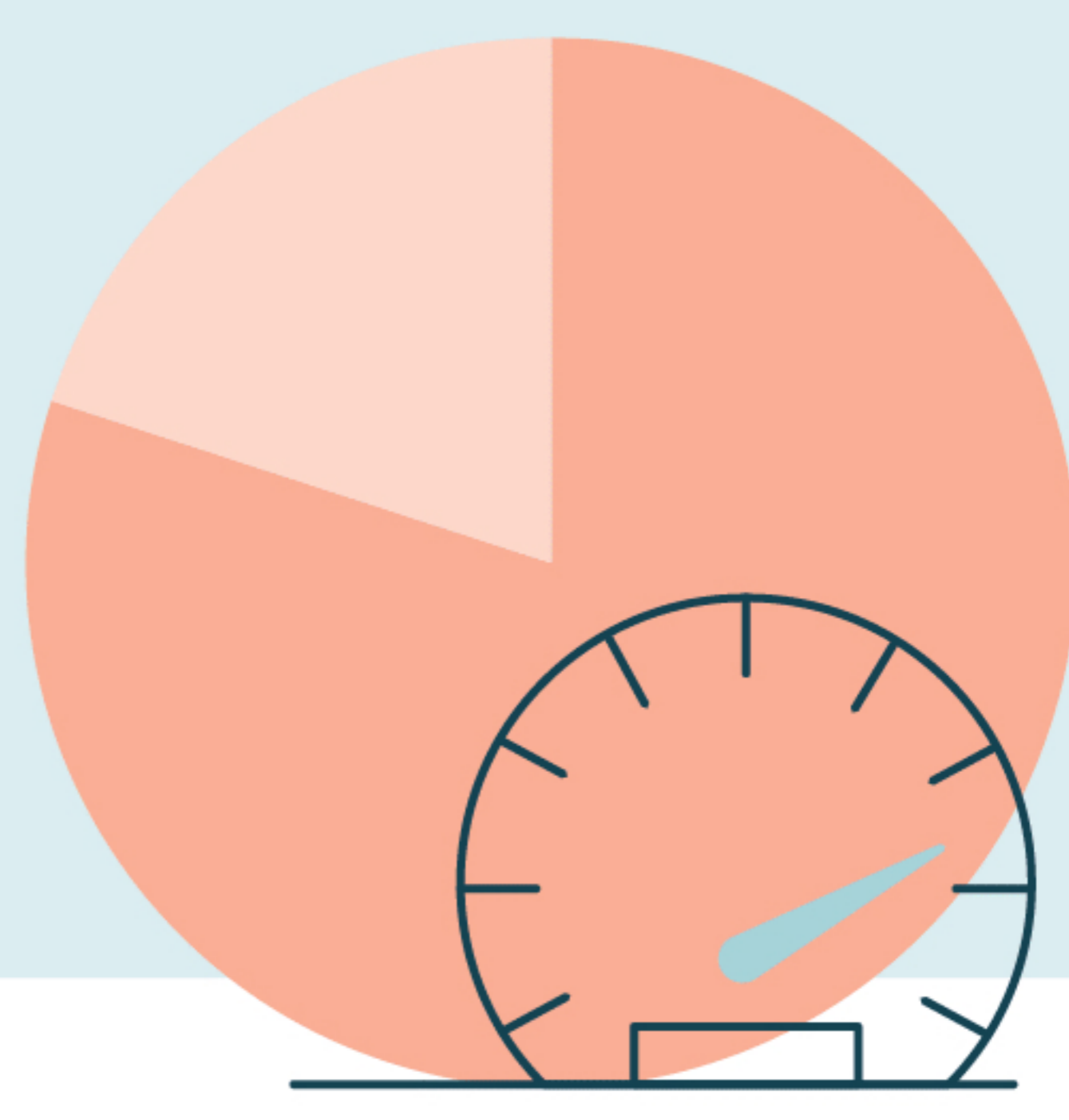


# HOW TO PRACTICE Self Care at Work in 20 Minutes or Less

Keeping yourself calm and collected in a chaotic world.



**Nearly two-thirds** of workers report having felt burned out at work.

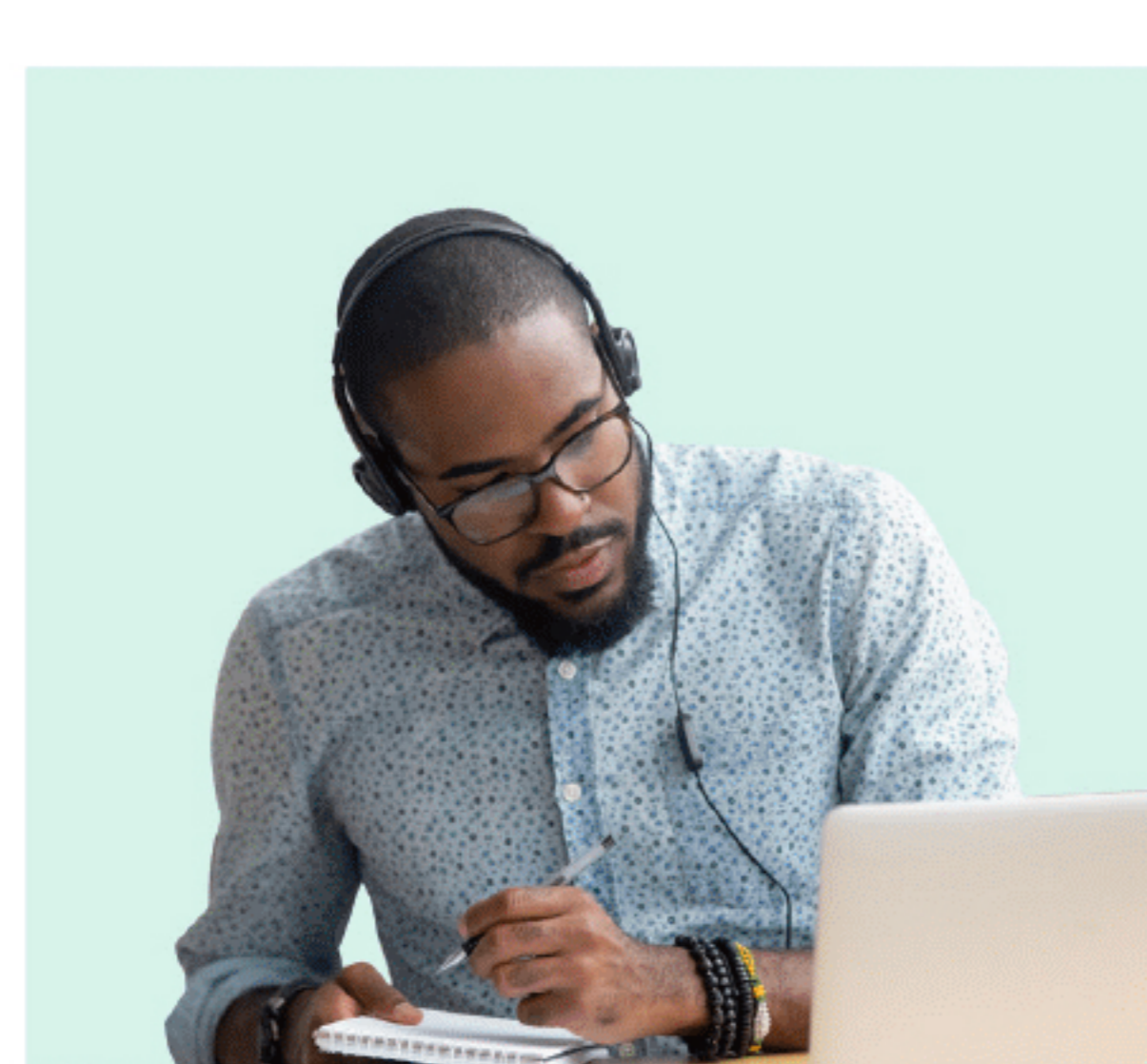


**80% of workers** report feeling stress at work and desire for help controlling it.

## Short Self-Care Exercises

Try some of these short exercises while on your break to improve your mental, physical and emotional wellbeing at work.

### MENTAL EXERCISES

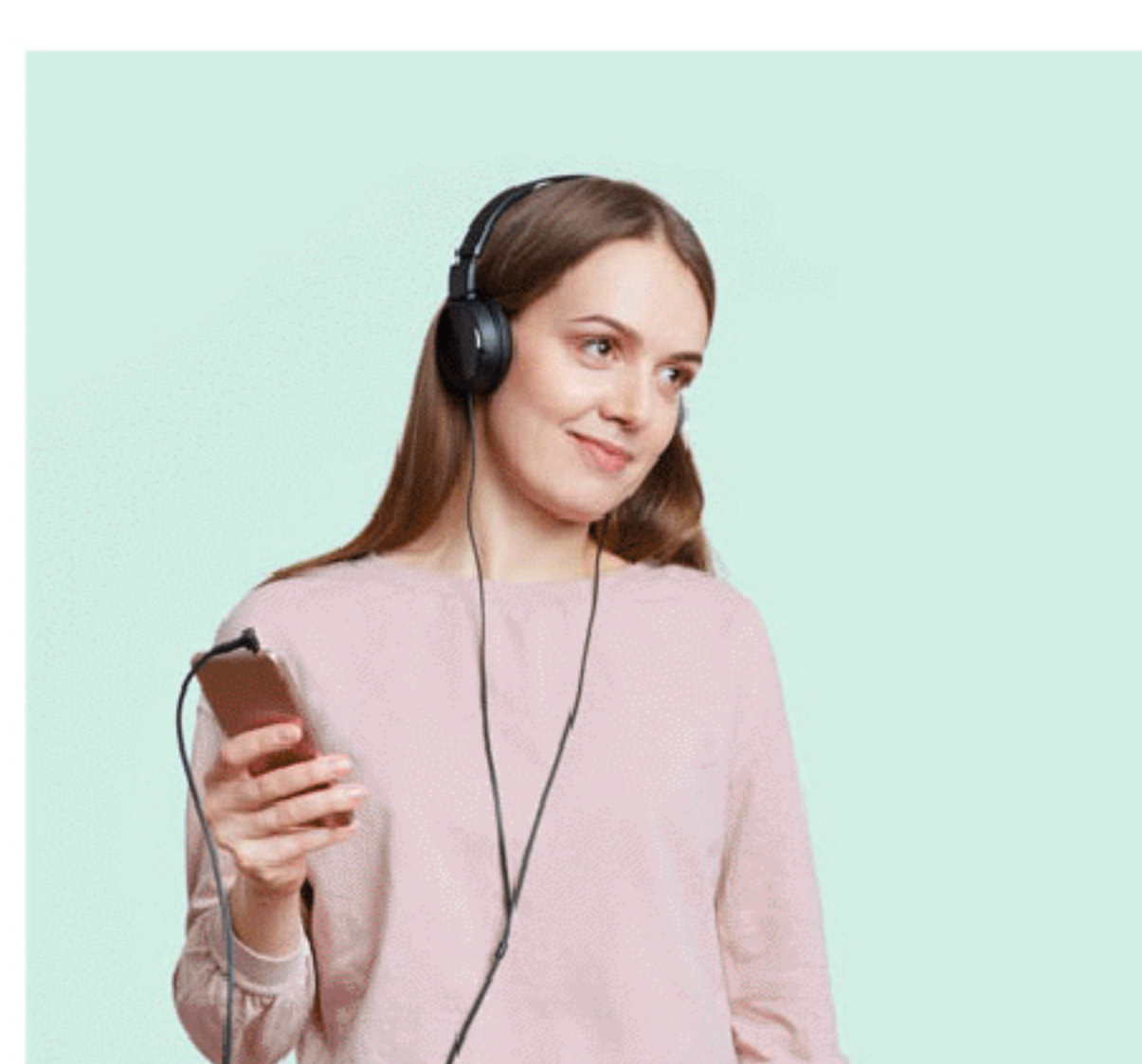


**Practice a new language** to improve brain function and memory.

TIME     10 mins     ⌚⌚

**Do a crossword puzzle** to keep your brain sharp and smart.

TIME     15 mins     ⌚⌚⌚



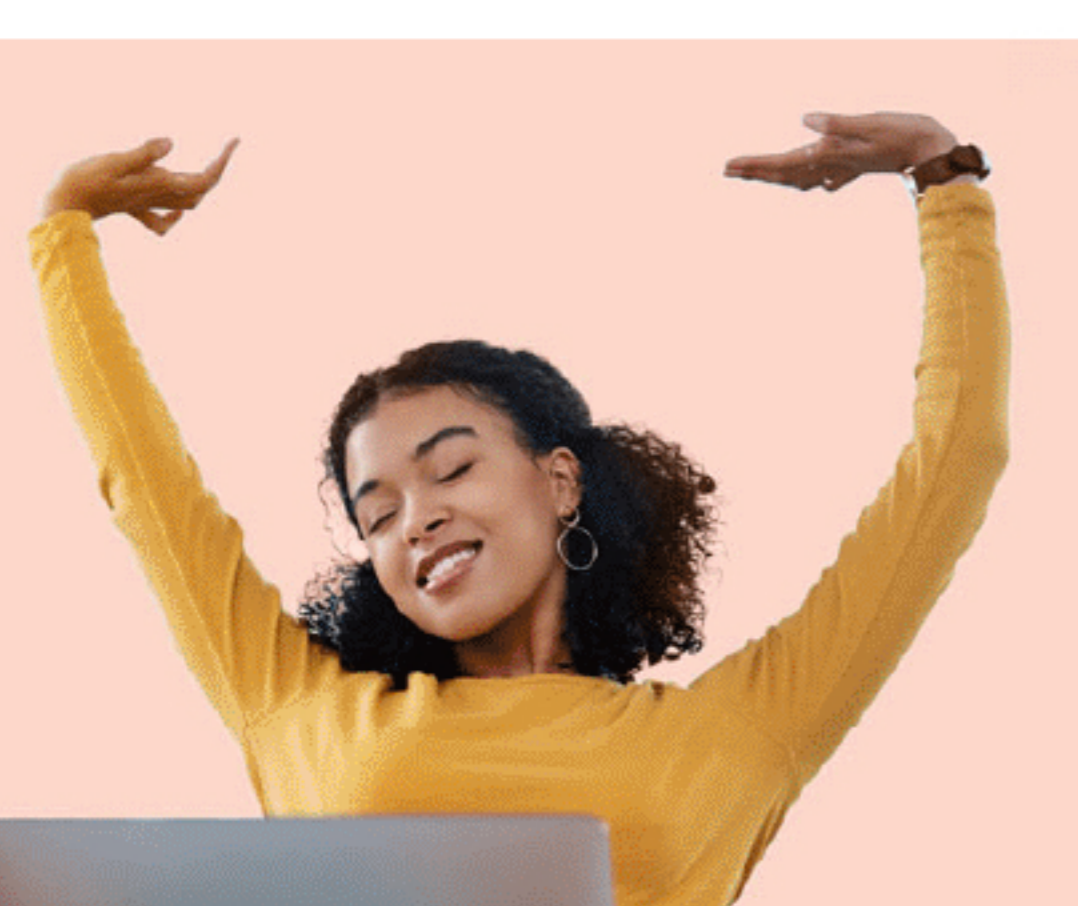
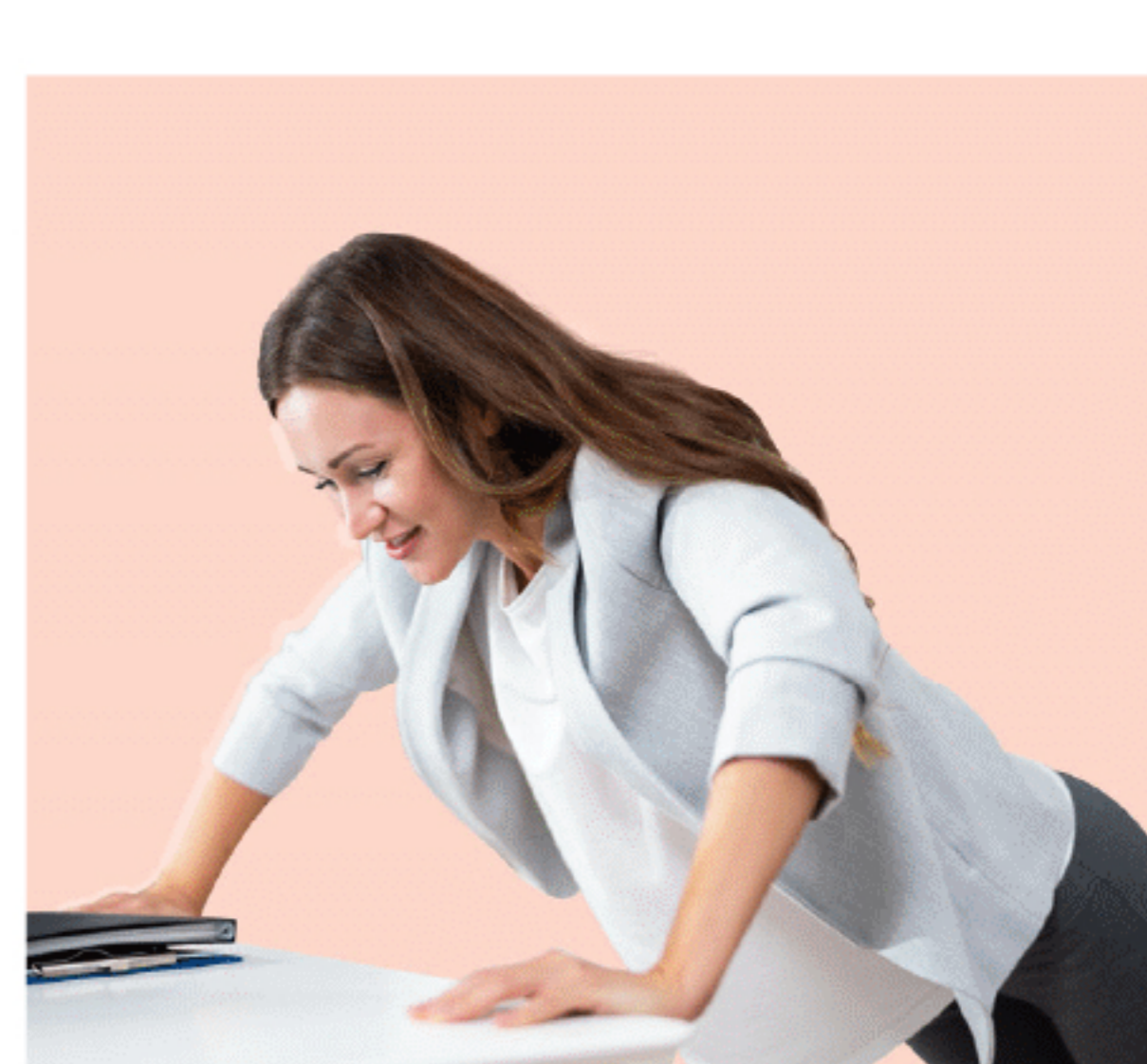
**Listen to a podcast** to learn new things and viewpoints.

TIME     20 mins     ⌚⌚⌚⌚

### PHYSICAL EXERCISES

**Exercise at your desk** to improve fitness and energize yourself.

TIME     10 mins     ⌚⌚



**Do some stretches** to improve flexibility and posture.

TIME     10 mins     ⌚⌚

**Take a short walk** to clear your mind and exercise.

TIME     15 mins     ⌚⌚⌚



### EMOTIONAL EXERCISES



**Do a guided meditation** to improve focus and decrease stress.

TIME     10 mins     ⌚⌚

**Color or draw a picture** to spark creativity and decrease stress.

TIME     10 mins     ⌚⌚



**Listen to music** to make yourself feel happy and relaxed.

TIME     20 mins     ⌚⌚⌚⌚