



BRINGING HEAL BACK TO HEALTHCARE

Put Time in Your Day for Your Health

Can 2 minutes really make a difference in your health? Using just 2 minutes, several times a day, these simple strategies can absolutely make a difference in your health. Remember health is more than diet and exercise. Use the physical suggestions as a guide, only do what is comfortable/works for your body. Think of ways to integrate motion into each hour of your day- keeping it simple.

First Steps

Commit to wellness and checking in with yourself throughout your day.

Set a mindfulness bell on phone or computer- every 20-60 minutes- whatever works for you.

If You Have 1-2 Minutes

Have a drink of water with or without lemon

Be present for yourself

Do body squats

Make a date to meet a friend, maybe for a workout

Yawn and stretch

Check your body for areas that feel stressed and move them

Practice 4-7-8 breathing

Be present for someone else

Draw the alphabet with each foot

If You Have Five Minutes

Write your goals and gratitude to start the day

Journal gratitude to end the day; congratulate yourself on things you did well, and identify an upgrade behavior that could have made the day better

Email/Facebook a friend, and set time for an in-person visit

Put self-care times in your calendar

Do five-minute mindfulness meditation

Gaze out a window and really see what is outside

Take a walk

Make a cup of green tea

Play a song that gives you energy or joy