



2023 HCA Team wellness commitment

Treat yourself to a favourite meal.	Listen to a podcast about <u>the power of self-compassion</u>	Try a new <u>sleep hygiene practice</u> .	Make time for a <u>bedtime yoga video</u> .	Schedule 1 uninterrupted hour for yourself this week.
Complete a <u>yoga video</u> with affirmations at home.	Schedule a <u>15-minute stretch break</u> during your work or school day.	Treat yourself to your favourite warm beverage.	Spend 15 minutes on your favourite creative activity.	Allow 15 minutes to journal with a <u>reflection prompt</u> .
Take 15 minutes to experience the outdoors.	Allow yourself to take a guilt-free day or evening off.	Create your own activity! ----- ----- -----	Complete a guided <u>loving kindness meditation</u> .	Tidy your desk space.
This week, try out <u>habit-stacking</u> .	Have a meaningful conversation with a friend or loved one.	Set a goal or intention for the year ahead.	Accept a compliment with gratitude and celebrate yourself!	Write a positive message and keep it near your desk.
Reward yourself for something you are proud of this week.	Write a kind letter to yourself to open 3 months from now.	Tech break! Allow 30 minutes without your devices.	Complete a <u>values exercise</u> (or part of it).	Take a 5-minute <u>guided meditation break</u> .

Instructions

Complete the activities in the squares at a time that works for you. Click on the links to access the activities. When you complete a square, check it off! You can print the page or save the PDF to your computer.

As you complete the activity, reflect: What was your most fulfilling act of self-compassion? Your most challenging? Did the activity overall support your wellness?