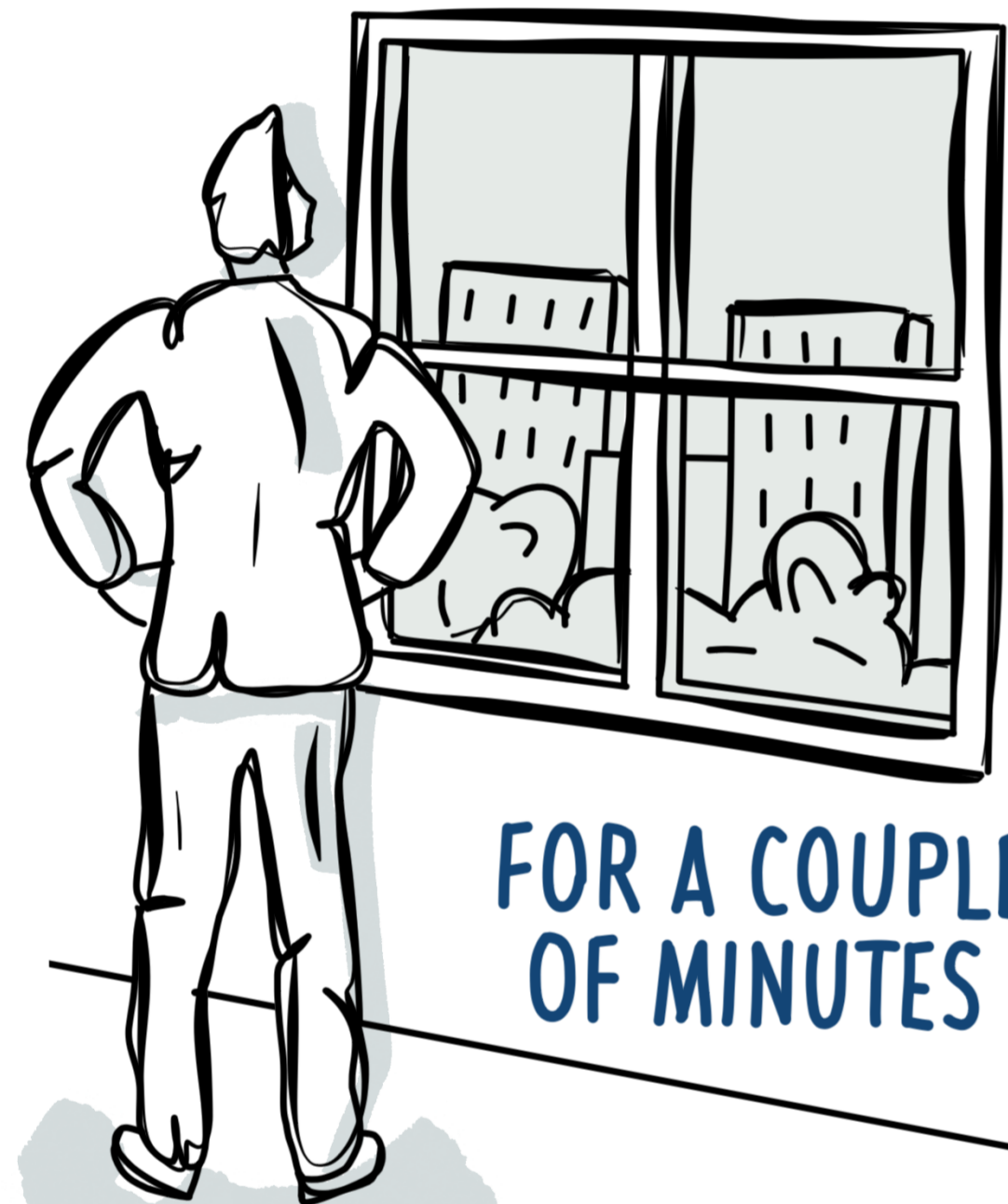


WHAT SLIVERS OF RECOVERY CAN YOU INCLUDE IN YOUR DAY

**BACKING OFF
BEATS BURNOUT**

DAYDREAMING OUT THE WINDOW



FOR A COUPLE
OF MINUTES

**DOING TWO MINUTES
OF BOX BREATHING**



DOING SOMETHING
MEDITATIVE
LIKE A GENTLE
WALK



**TAKING A
SHORT
NAP**



**LOOKING
AT PHOTOS
OF AN UPCOMING
HOLIDAY
OR A LOVED ONE**

**DOING A
MOVEMENT
SNACK**



**GOING FOR
A BRISK
TEN-MINUTE WALK
(BOOSTS MOOD & ENERGY)**



**DOING SOME STRETCHING
AT YOUR DESK OR
STANDING UP**



**PLAYING
WITH YOUR
DOG**

**READ A FEW
PAGES
OF A BOOK**

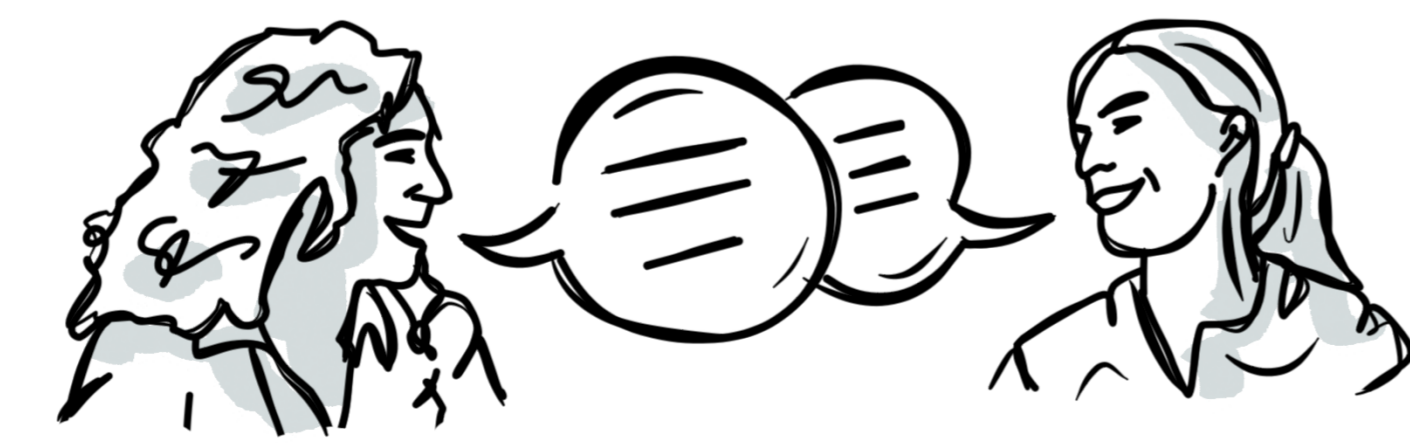


**PICKING UP THE
GUITAR AND**

**PLAYING
A FEW
CHORDS**



**FINDING A COLLEAGUE WHO
MAKES YOU LAUGH**



AND STOPPING TO CHAT



Leanne
SPENCER
@LEANNESPENCERKEYNOTE