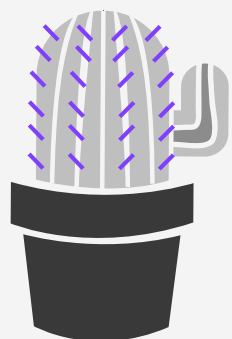




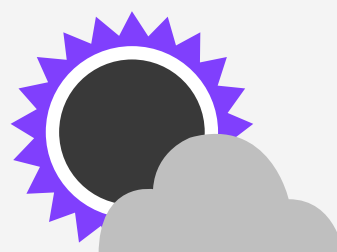
self care in a virtual world

TIPS & TRICKS



STAY HYDRATED

Don't let yourself become a cactus - you need water! Make sure you get a fresh glass each day. As a helpful reminder or mental cue, leave a glass or water bottle out in your line of sight throughout the day.



LET IN NATURAL LIGHT

Whether it's opening the blinds or opening the window - a little natural light goes a long ways in making a day more enjoyable, not to mention in giving a regular mental energy boost!



MOVE AROUND & STRETCH

Avoid aches, cramps, and soreness from getting "stuck" at the computer. Take care of yourself by moving around and [stretching those joints](#). (Your [wrists and hands](#) will thank you especially!)



WORK OUT! (...IF YOU WANT)

A step above stretching - workouts boost energy, not to mention general health and wellbeing. Take a bike ride, do a [themed workout](#), have a guided [yoga session](#), or check out YouTube to bring back the [Tae Bo action](#)!



CREATE SPACE FOR HOBBIES

Make space and time to recharge with your favorite hobbies - give yourself a mental boost with the things you love! (No to mention recharge those creative energies!)



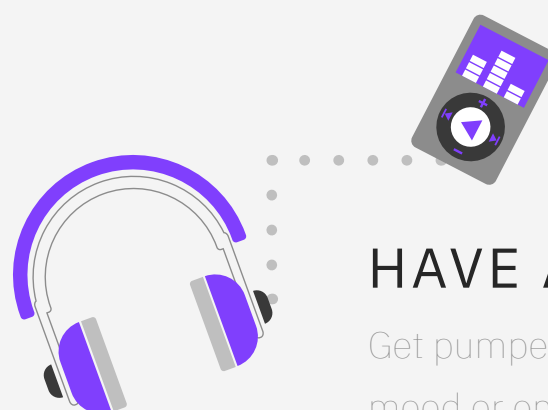
MEDITATION BREAKS

Take regular breaks regularly throughout the day, meditating or otherwise. [Meditation](#) can be especially rejuvenating, and if you haven't tried before, it's a good time to [give it a shot](#)!



READ SOMETHING NEW! READ SOMETHING RANDOM!

Take a "brain break" with something new (or familiar!). A break in routine can help recharge, and if you are looking for [accessible books](#) to check out, or just want a little [something random to read](#) - it's amazing what can be sparked with some new content!



HAVE A MUSIC MOMENT

Get pumped! Chill out :) Relax. or Unwind.. music can set a mood or energy in almost any moment. Not feeling it? The stress starting to rise? A music moment may be just what you need. Whether it's a [full list](#), or a [random hit](#) - give yourself a good ol' music mood boost throughout the day!

TAKE THE TIME. MAKE THE SPACE.
YOU'RE WORTH IT!