

## Teacher Wellness Choice Board

2 Minutes	20 Minutes	2 days
Spend 2 minutes focusing on something you are grateful for. While you visualize your gratitude, notice your breathing and how your body feels. Smile...you just relaxed!	Take 20 minutes to go for a walk. Solo or with a friend or family member, a brisk walk can really change your attitude, not to mention release stress from your body.	Choose two days this week to turn off social media. More often than not, <a href="#">social media feeds can be anxiety-producing</a> . Plus, think of all the time you'll get back.
Send a text to a friend, focusing on something <a href="#">positive</a> . Share a memory, check in to see how they are doing, or just say hello! We always feel "too busy," but 2 minutes can do the trick to help us feel connected.	Choose <a href="#">a non-education related book to read</a> , to send your mind to a brand new place. Fiction that resembles a completely different reality is a great choice.	Choose two days this week to go to bed earlier. Science tells us that even 30 minutes can <a href="#">make a difference</a> when done several days a week.
Spend 2 minutes <a href="#">actively relaxing your body</a> . Choose a muscle group and then contract those muscles for 10 seconds. Then, notice how that part of your body feels afterwards. Repeat through multiple muscle groups.	Listen to music that <a href="#">makes you happy</a> while you are doing household chores, or even grading student work. Inspired? Make a playlist that you can come back to when you're feeling stressed!	Choose two days this week to do something healthy for yourself. Doing <a href="#">simple exercises</a> , making a <a href="#">healthy snack/meal</a> , or practicing a <a href="#">mindfulness activity</a> will all go a long way to dealing with stress.