ESL’S DON’T SKIP A BEAT CHALLENGE

WELL-BEING MENU

☐ Participate in challenge videos
☐ Eat a family meal with no distractions
☐ Organize a disheveled space
☐ Drink 8 glasses of water
☐ Listen to a podcast or read a book
☐ Stretch for 10 minutes
☐ Write down 3 things you're thankful for
☐ Do an act of kindness
☐ Take a sunrise/sunset walk
☐ Sleep for 7-8 hours

Wellness Center