

Your Wellness Matters
By Dr. Cheryl Giscombe

5 Tips for Wellness and Self-Care:

1. Create and engage in morning rituals that refresh you and give you a positive and energizing start to your day. Drink plenty of fresh water to stay hydrated, and choose healthy foods to fuel your body. Stay aware of excessive snacking and indulgence in less healthy, comfort foods. It's okay to treat ourselves from time to time, but a little bit can go a long way.

2. Plan breaks that allow you to walk away from web-based activities several times a day. Zoom and other similar web-based platforms are amazingly helpful during this time. However, try to avoid becoming #ZoomedOut. Take computer- or phone-free moments for physical activity, stretching, quietness, and reflection. Schedule blocks of time to step away from electronic devices to recharge your energy throughout the day.

3. Identify a buddy who will help you stay accountable to regular engagement in self-care. We all need friendly reminders and gentle nudges to keep our priorities straight. Achieving our important professional and academic goals requires us to refill our tank. You are amazing, and self-care will help you to be your very best! Self-care is not selfish; self-care is philanthropic. It helps you be your best so you can contribute to creating a better School of Public Health, better health care, better communities, and a better world!

4. Develop and engage in end-of-the-day activities that help you separate your "work" and "home" life. You work hard each day. Treat yourself to healthy wind down activities to set your body up for optimal rest and repair.

Here is a 5-minute guided morning meditation. Give this a try, or work to find other strategies for an optimal start to your day!

<https://m.youtube.com/watch?v=i50ZAs7v9es>

Warmest regards to you all!

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