

TAKE 10 FOR YOU



IMPROVE YOUR HEALTH IN
JUST 10 MINUTES A DAY

Most of us say we don't have time to improve our Health. Just 10 minutes a day can lower your stress, reduce clutter, improve your health and give yourself peace of mind. Try one of these tips each day to revitalize, simplify, relax, connect and take care of you. You will ease stress and prevent, reduce and even reverse your risk for chronic disease.

Jot it Down: Listing your chores frees brainpower to analyze, prioritize, delegate, or eliminate items.



Revitalize

- I will stretch my chest, shoulders, and neck at least once every hour at work today.
- I will walk on my lunch break for 10 minutes today.
- I will make a lunch packing plan for the rest of the week today.
- I will try a seven minute workout today.
- I will _____

Beat a Slump: Use this list to refocus and overcome the problem.

Simplify

- I will get rid of junk mail and/or change to electronic subscriptions.
- I will clean out my wallet.
- I will reorganize my billing files.
- I will pick up a room or part of a room.
- I will _____

simplify
less is the new more

Find Motivation: Let your To-Do list encourage you when you feel like giving up on a goal.

Gain Control: Every time you cross something off your list, smile!

Relax

- I will start or add to a gratitude list today.
- I will listen to relaxing music.
- I will take a "Purposeful Pause" and listen to my breath.
- I will go to or visualize my favorite relaxation location.
- I will _____



Feel Joy Every Day: Write down what makes you happy.



Connect

- I will call a friend to chat for 10 minutes today.
- I will play with my child and/or pet for 10 minutes today.
- I will volunteer to help out with a community or charity event today.
- I will smile at the next 10 people I pass at work today.
- I will _____

Update Often: Revise your list weekly and delegate when possible.

Take Care of Yourself

- I will call my doctor to schedule a much needed appointment. Dentist? Eye doctor?
- I will brush and floss my teeth tonight.
- I will sanitize my work station (mouse, phone and keyboard).
- I will decide I am worth the time it takes to get healthy.
- I will _____



Strive for progress, not perfection.

