HEALTHY MONDAY

URGENT SELF-CARE

Start practicing self-care this Monday. Whether you're feeling depleted, anxious, discouraged, or frustrated, this guide includes a variety of practices you can use in the moment or when you have spare time reduce stress and rejuvenate your body and spirit.

Looking to share wellness resources with employees or your community? Download our graphics package here.



How To Use

Life gets busy—fast. Between hectic schedules and everyday responsibilities, it's easy to overlook one very important person: you. But taking even a few moments to pause, breathe, and recharge can make a big difference.

The **Healthy Monday Urgent Self-Care Guide** is designed to help you find calm in the middle of chaos. Whether you're feeling overwhelmed, anxious, unfocused, or just plain drained, this guide offers simple, effective practices to help you reset—whenever you need it.

Inside, you'll find a collection of stress-management techniques and coping strategies organized by how and when you might want to use them. Each practice is short, easy to follow, and tailored to support your mental and emotional well-being, whether you're in the middle of a workday or winding down at home. Use this guide whenever you need a moment to step away, reflect, and recharge. Your well-being matters.

Categories

1 Recovering from Depletion

Giving so much of yourself each and every work day can take a toll on your physical health and mental wellbeing, and this makes it easier to fall victim to exhaustion, and feelings of loneliness, and detachment. But there are a few ways you can replenish your strength and focus.

2 Relieving Anxiety

When life feels uncertain, it's natural to feel anxious or unsettled. But you don't have to stay stuck in that state. This section offers simple tools like mindfulness, visualization, and perspective shifts to help ease anxious thoughts. These quick practices can help you feel more grounded, focused, and ready to take on what's next.

3 Navigating Discouragement

When you're feeling discouraged, it's easy to get stuck in a cycle of negative thoughts. These self-care practices are designed to help you break free and shift your mindset. Small steps like mindful breaks, evening wind-downs, and time outdoors can make a big difference in helping you reconnect with hope and move toward brighter days.

4 Reducing Reactivity

You can't control what life throws at you, but you can control how you react. We've curated practices to help you manage challenging situations with calm. Small steps like expressing your feelings, using therapeutic movement, and practicing forgiveness can transform frustration into strength and keep you grounded.

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Recovering From Depletion

Take a breath. Reconnect with your energy.
The next two pages offer simple ways to restore
your strength right when you need it most.



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Recovering From Depletion

In the Moment Practices

One-Minute Meditations

When you're feeling depleted, even a brief pause can help you recover. Some people say they don't have time to meditate, but that's when a one-minute reset is most powerful. Just 60 seconds of focused breathing can calm your mind, clear your head, and ease mental fatigue. When you're feeling overwhelmed, sit quietly, listen to a one-minute guided audio below, or set a timer. Just keep your phone out of sight to reduce distractions.

This brief moment of stillness helps interrupt the stress cycle and restore your energy, making it easier to return to your day with focus and a renewed sense of calm.

Ocean Sounds

Ambient Music

Rain

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Chair Yoga Poses

When you're feeling drained, gentle movement can help you recharge. Chair yoga is a simple way to relieve tension in your neck, shoulders, and back, especially after long hours at a desk. It's easy on the joints, adaptable for all fitness levels, and can be done anywhere.

Just a few poses, like Cat, Cow, and Side Angle, can improve flexibility, ease pain, and bring calm. Pairing movement with deep breathing helps restore energy and reduce stress. Try it out with our short chair yoga videos. It's a quick way to reset and feel more like yourself.







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Recovering From Depletion

At Home Practices

Beat Burnout with a Good Night's Sleep

Burnout often starts with exhaustion, low energy, and trouble focusing. One of the most effective ways to recover is by improving your sleep. Most adults need at least seven hours of sleep each night. Without it, your mood, memory, and overall health can suffer.

Try a few simple habits to reset your sleep routine:

- **Unplug before bed:** Turn off screens an hour before sleep to help your brain wind down.
- **Calm your mind:** Use slow, belly breathing to calm your body and mind.
- **Try a guided meditation:** Audio meditations can ease tension and help you fall asleep faster.
- **Eat sleep-friendly foods:** Choose bananas, almonds, or chamomile tea. Avoid heavy or sugary snacks.

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Ease into the Morning with Bed Yoga

Ease into your morning with gentle stretches you can do right from your mattress. Bed yoga combines light movement and deep breathing to help improve circulation, reduce stress, and prepare your mind and body for the day.

If you're feeling drained or depleted, this short practice can help restore energy and bring a sense of calm before the day begins. It's accessible for all fitness levels and a great option if you're short on time or recovering from injury.

Watch our quick instructional video to get started: Bed Yoga Video



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Relieving Anxiety

Find your calm. The next two pages offer simple ways to ease anxious thoughts and steady your mind when life feels uncertain.



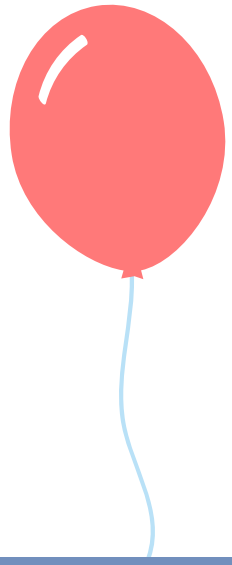
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Relieving Anxiety

In the Moment Practices

Float Away Stress

Need a quick way to relieve anxious thoughts? Mindful visualization is an effective tool for improving your outlook and reducing stress in the moment. This mindful meditation exercise helps float away feelings of anxiety and worry - just by imagining a beautiful balloon.



1. Find a quiet space, sit comfortably and imagine a balloon.
2. Slowly inhale, allowing each breath to relax and rejuvenate you.
3. Slowly exhale, filling the balloon with thoughts of stress and tension, then release it into the sky.
4. Repeat for several minutes, until you feel calm, centered and positive.

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Unwind with the 5-4-3-2-1 Grounding Technique

This grounding technique is a simple but effective way to manage anxiety in stressful moments. Begin by taking deep, slow breaths to calm your mind. Then, engage your senses to reconnect with the present moment: **identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.** This exercise helps shift your focus away from anxious thoughts, grounding you in the here and now. By practicing this technique, you can regain a sense of control, reduce stress, and feel more prepared to face any challenge.



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Relieving Anxiety

At Home Practices

Unplug to Unwind: Take a Tech Break

Constant connectivity can increase anxiety by overwhelming your mind and reducing focus. While it may seem productive, tech overload can lead to stress and burnout.



To relieve anxiety long-term, try these tips for unplugging:

- **No phones before bed:** The blue light from screens disrupts sleep. Turn off electronics an hour before bed.
- **Move devices out of the room:** Charge your phone out of reach to avoid temptation.
- **Try going "off the grid":** Let friends and family know if you're offline for a bit. They'll reach out if needed.

Regular tech breaks help clear mental clutter, reduce stress, and boost focus, easing anxiety over time.

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Uncommon Ways to Improve Your Mood

Feeling moody this Monday? Incorporating these habits into your routine can help you build long-term resilience and feel happier each day. Try these four unique ways to lift your spirits and reduce anxiety:

- **Music:** Listening to your favorite tunes can reduce stress and anxiety, helping you stay calm and positive throughout the day.
- **Reading:** Getting lost in a book lowers blood pressure, relaxes your mind, and helps you escape anxious thoughts, promoting long-term peace.
- **Gratitude:** Practicing gratitude daily shifts your focus from stress to positivity, making you feel calmer and less prone to anxiety.
- **Laughter:** Laughter releases endorphins, reduces tension, and helps keep anxiety at bay, making it a simple way to improve your mood.

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Navigating Discouragement

Shift your mindset. The next two pages offer simple practices to help you break free from discouragement and reconnect with hope.



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Navigating Discouragement

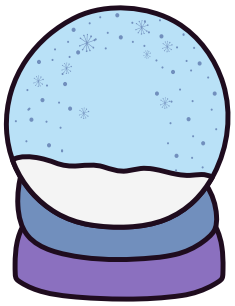
In the Moment Practices

Emotional Blizzards: Calm the Storm

When discouragement hits, it can feel like an emotional blizzard. Thoughts swirl, emotions pile up, and clarity disappears. This calming snow globe practice can help you slow down, breathe, and reconnect with a more hopeful state of mind.

Try this:

- Find a quiet spot. Sit comfortably and take a few deep, slow breaths.
- Now, imagine your worries as snowflakes swirling inside a snow globe that's just been shaken.
- Keep breathing slowly as you visualize the flakes beginning to settle, gently falling to the bottom.
- Let your thoughts settle too. Stay with this image for a minute or two.
- As the scene quiets, notice how your body and mind begin to feel calmer and more steady.
- You may even begin to see what's underneath the swirl — emotions like sadness, shame, or doubt. Naming them can help you move through them.



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Mindful Hand Washing

Mindful hand washing turns a simple routine into a mental reset. When negative thoughts feel constant, **grounding yourself in your senses can bring a moment of peace.** Here's how:

- Before washing, take a deep breath in through your nose and out through your mouth, and feel the tension leaving your face and body.
- Next, turn on the faucet and focus on the sound of the water splashing against the sink.
- When the water is warm, let it slowly wash over your hands, and really think about how it feels against your skin, palms, and knuckles.
- Start lathering your hands with soap and concentrate on its scent.
- Finally, rinse your hands and walk away feeling clean and refreshed.

This short pause can help quiet mental noise and give you a small sense of clarity—one step toward shifting your mindset.

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Navigating Discouragement

At Home Practices

Wake Up Feeling Rejuvenated

Getting less than seven hours a night can worsen anxiety, low mood, and burnout. To improve sleep quality and build emotional resilience over time, focus on:

- **Relaxing your body:** Take a warm shower, sip caffeine-free tea, or use calming essential oils.
- **Creating a restful environment:** Make your room dark, quiet, and the right temperature for you.
- **Settling your mind:** Turn off screens before bed and think of a few things you're grateful for.



Better sleep can help you feel stronger, clearer, and more hopeful.

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Boost Your Mood with a Partner Walk

Regular movement can boost your mood—but walking with a friend, neighbor, or even your dog adds connection, which is key to long-term emotional health. Research shows that moving together improves not just physical fitness, but also mental and emotional well-being. Whether it's a quick stroll with a coworker or joining a walking group, sharing the experience can help you feel supported, motivated, and a little less alone.



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Reducing Reactivity

Stay steady through stress. The next two pages share simple ways to reduce reactivity and respond to life's challenges with calm and clarity.



HEALTHY MONDAY

Reducing Reactivity

In the Moment Practices

Keep a Cool Head When Things Get Heated

Reactivity can escalate tension and make tough moments even harder. To reduce reactivity and regain control, **try this simple practice when emotions run high:**

- Don't speak. Instead, take a few deep, calming breaths. When an angry thought crosses your mind, gently let it go.
- Examine the core of what's making you feel so emotional - the source of your annoyance, anger, or rage.
- Allow your breaths to clear and soothe your mind, so you can manage your emotions in a calm and collected way.

With practice, you'll remember to respond more thoughtfully, even in challenging situations.

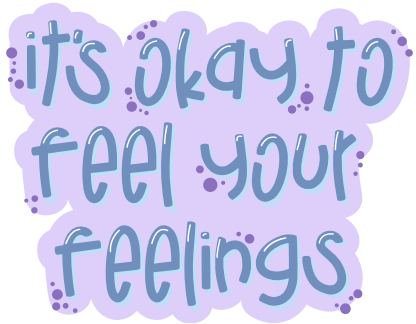


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Put Your Feelings Into Words

Strong emotions can cloud your judgment, but naming them can help you stay in control. Mindfully identifying what you're feeling—like stress, frustration, or sadness—can reduce the emotional charge and create space between the feeling and your reaction.

The next time a difficult emotion arises, try to pause and gently label it in your mind. A simple acknowledgment like "I'm feeling overwhelmed" can help you shift from reacting impulsively to responding with awareness. Over time, this habit builds emotional clarity and helps reduce reactivity in challenging situations.



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Reducing Reactivity

At Home Practices

Flow Through Stress with a Sun Salutation

When emotions run high, movement can help you reset. Practicing Sun Salutation—a classic yoga sequence—gently activates the body while calming the mind. This flowing routine connects breath with motion, making it a powerful tool for releasing tension and easing reactivity.

Even just a few rounds can help you feel grounded and more in control. Whether you do it on a mat, in a chair, or by your bedside, this mindful movement practice can become a steady anchor when life feels overwhelming.



SEE THE SEQUENCE

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Channel Strength with Warrior Pose

When emotions flare, grounding yourself in movement can help you respond with intention instead of impulse. The Warrior Pose sequence builds not just physical strength, but mental focus and resilience. As you move through each variation—**Warrior I, II, and Peaceful Warrior**—you learn to hold steady under pressure, guided by your breath.

This energizing sequence is more than exercise; it's a practice in presence. With time, it can help you reduce reactivity and face challenges with clarity, stability, and calm.



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Keep Caring For Yourself

Urgent self-care isn't a luxury — it's a necessity.

Whether you're feeling anxious, discouraged, overwhelmed, or just worn thin, you've taken an important step by opening this guide. Each practice you explored is a way to care for yourself in the moment and build strength for the long run.

But this isn't the end of your journey. Self-care is ongoing, and support is always within reach.

See More Resources



Keep practicing self-care with free, evidence-based tips from Healthy Monday.