

Renew & Rejuvenate

List activities that rejuvenate your body and mind. Activities you enjoy doing, that re-energizes and you and help unwind and relax

1. 3-minute mindfulness

2. 15-minute meditation

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

24 Hour Day Off Activities

1.

2.

3.

4.
