



15 WAYS TO BE WELL

Taking care of your body and mind help you feel good inside and out.

1

Focus on three things you see, hear and feel



10

Limit your screen time



13

Wash your hands frequently

2

Practice Gratitude – say something you're thankful for

6

Repeat something positive to yourself

8

Get 60 minutes of exercise a day

11

Have courage to try a new activity

14

Cover your cough and sneeze in your arm



3

Take time to stretch



7

If you're not feeling good tell an adult

9

Go to bed early to get enough sleep



4

Go for a walk and explore nature

5

Start a daily or weekly journal

12

Try a new fruit or vegetable



15

Drink plenty of water