

Stay Hydrated



Savor the Sip



Breathe Deeply



# Mindful Moments

Butterfly Hug

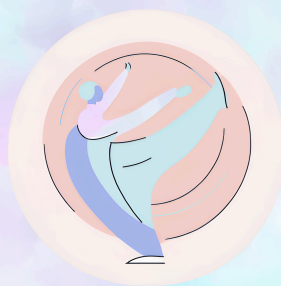


Neck Roll

Mellowing Mint



Curious Cultivation



Rhythmic Movement

Stretch and Sing



# Mindful Moments

Add a little lightness to your day with these feel-good, do-anywhere wellness boosts.



## Stay Hydrated

Lemon water isn't just refreshing—it's loaded with vitamin C, potassium, and immune-boosting superpowers. *Quench your thirst... don't bottle it up!*



## Breathe Deeply

Try finger tracing or belly breathing to lower stress and boost focus. *Oxygen? Sounds like a breath of fresh air!*



## Savor the Sip

Pause with your favorite drink. Tune into the taste, the temperature, the moment. *Find joy in the taste!*



## Butterfly Hug

Cross your arms, tap your shoulders gently. Left, right. Left, right. *Give yourself a hug and let your worries flutter away!*



## Neck Roll

Tense neck? A slow neck roll can release tension and boost mindfulness. *Give it a roll – it will neck-ceed your expectations!*



## Mellowing Mint

Peppermint helps reduce stress, sharpen focus, and tame fatigue. *You're mint to be more relaxed in this moment!*



## Cultivate Curiosity

Lean into wonder. Notice your thoughts, your senses, your emotions. *Develop some wonder armor!*



## Rhythmic Movement

Walk heel to toe. Rock gently. Tap your feet. Let your body regulate your mood. *Groove your way to calm!*



## Stretch and Sing

Stretching energizes and relaxes, while singing uplifts mood. Go ahead, sing "Head, Shoulders, Knees, and Toes." *You don't have to stretch your imagination far to sing some peace into your life!*



Mindful moments  
create delightful days.



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Center for Mindfulness