



SIMPLE THINGS YOU CAN DO DURING A WINTER STORM

1

MOVE YOUR BODY

Try one of our [on-demand yoga classes](#) offered on our YouTube page

2

KEEP TO YOUR ROUTINE

Find a new rhythm to keep you going! Simple things like going to bed when you normally do or taking a shower will help you stay on track

3

TAKE FREQUENT BREAKS

Let your body and mind take breaks when needed. A quick wiggle break can help with mental clarity

4

RELAX

Take a moment to chill out. Check out our [virtual relaxation room](#) to help you wind down