



# College of Pharmacy

## *2020 Relaxation Tips as noted by the University of North Texas College of Pharmacy Faculty & Staff*

- ❖ Exercising outdoors
- ❖ **COFFEE BREAK OUTSIDE**
- ❖ Schedule time during my week to read a book or take a nap
- ❖ *Listening to a podcast on Spotify*
- ❖ Long walks on the Trinity River trail and listening to NPR's TedHour, Hidden Brain, or Fresh Air podcasts
- ❖ Walking three times a week
- ❖ Work out at least 15 minutes before starting my day.
- ❖ **I have exercised everyday for at least 30 minutes**
- ❖ *I take at least one bath per week in my garden tub (unused prior to COVID). I listen to my Etta James station on Pandora and take at least 20 minutes to soak and sing along to my favorite ladies of soul, rock, country and christian music.; Hopefully as it gets cooler, I hope to have lunch on my patio with my dog this fall like I did last spring.*
- ❖ **Enough sleep, naps**
- ❖ Listening to podcasts. Feels great to turn off the computer, phone, tv and just listen to a interesting story.
- ❖ I set a boundary at work - this IS self-care!
- ❖ **Gardening**
- ❖ Sunlight! Taking time in the morning to water my plants or make sure I have a window nearby while I work to get some vitamin D
- ❖ *Morning 10-minute meditation before the sun rises*
- ❖ **Meditation**
- ❖ Taking walks outside at least once a day

BREATH, SMILE, RELAX



YOU ARE DOING THE BEST  
YOU CAN!

*Pink Tulip*  
CREATIONS