



Wellbeing tip

Self-care is more than a buzzword

It's important to recharge when you feel overwhelmed. Worries and responsibilities will keep on coming and stretching yourself too thin can lead to burnout. Reducing stress doesn't always mean splurging on expensive spa days—although that does sound nice! Here are a few easy, effective self-care methods you can incorporate into your schedule when it's time to recharge:

- **Therapeutic yoga.** [Therapeutic yoga](#) has been shown to improve flexibility, strength, and even lung function. The movements commonly associated with yoga also help relieve muscle tension.
- **Take a cold shower.** Although it sounds simple, a cold shower will cause your blood vessels to constrict, therefore increasing blood flow. This also increases the amount of oxygen supplied to your cells and helps remove waste. Athletes often use ice baths and cold showers to speed up the post-workout recovery process.
- **Visit the great outdoors.** Time in nature has [shown](#) promising results with reducing depression, anxiety, and fatigue. Simply walking outside can be an effective way to clear your mind and find creative solutions to problems.
- **Get proper rest.** Getting at least seven hours of restful sleep each day is essential for good health. Sleep enhances cognitive function, which is essential for problem-solving and reasoning skills.



Portal tip

Enhance your health with free exercise, meditation, and yoga videos

Did you know you can add a little friendly competition to your group challenges? The challenge stakes feature allows you to create your own wager with coworkers within a group challenge. You can dare a coworker to see who can achieve the best performance—and you get to pick what the winner receives!

It's easy to let your workout routine fall into a rut. Sometimes you get derailed by a busy schedule and sometimes you simply get bored with the same old workout. But either way, it's crucial to find a way to kickstart your motivation and keep going.

One way to boost your motivation? Find a workout routine that you actually enjoy and mix in new exercises to keep it interesting! Log in to your wellbeing platform and select **Resources** and then select **Workouts** to browse a library of exercise, yoga, and meditation videos. Use the search engine to browse the database by:

- Title
- Difficulty (easy / beginner, intermediate, advanced)
- Category (bodyweight exercises, core strengthening, dynamic stretching, high intensity interval training (HIIT), plyo ball exercises, TRX, weight training, yoga)
- Equipment (dumbbell, floor slider, plyo ball, pull-up bar, TRX band, yoga mat)
- Duration

Video tutorials of individual exercises (“Front Knee Crunch,” for example, or “Single Arm Plank”) and yoga poses (e.g., “Chair Pose Twist” and “Revolving Triangle Pose”) are great ways to make sure you're using the correct form while discovering what works for you.

When you find a video that you want to watch again or try later, select + Add to Favorites to save it to your profile. Favorite videos can be viewed by hovering over your profile in the upper right corner, and then selecting Favorites.