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Your well-being consists of five major domains.

Physical

Social

Emotional/Cognitive

Occupational

Spiritual

Please take one.

This coupon entitles the user to lie down in a quiet space and listen to peaceful music.

This coupon entitles the user to think about three things for which he or she is grateful.

This coupon entitles the user to eat a nourishing snack during the workday.

This coupon entitles the user to take 3 deep breaths during his or her workday.

This coupon entitles the user to go cloud watching - lying on his or her back, relaxing, and watching the sky.

This coupon entitles the user to turn off his or her phone.

This coupon entitles the user to ask another person for help with something.

This coupon entitles the user to make a small connection with another person - a smile or short conversation.

This coupon entitles the user to a good night's sleep.

This coupon entitles the user to take time for a walk.