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### March is Employee Appreciation Month!

In celebration we recognize it's important to give you time and space to look after your own health and wellness. We've compiled some favorite tools and resources from a variety of places to help keep you on the path to balance. Each week try putting one or two self-care check-ins on your calendar to try out. Share with the rest of your colleagues to appreciate each other with self-care. Thank you for all you do at CSUCI!

<b>Week 1</b>	 <b><u>Happiness Tips</u></b> A collection of over 50 quick tips on topics like mindfulness and gratitude	 <b><u>Soothing Music</u></b> A 6 hour stream of relaxing music to slow your heart rate and find calm	 <b><u>10% Happier Podcast</u></b> Dan Harris interviews Jocelyn Gleib about how to take a step back	 <b><u>Discovering Meditation and Sleep</u></b> Arianna Huffington's Thrive series Chapter 1
<b>Week 2</b>	 <b><u>Meditation Practice</u></b> A guide to meditation from Mindful.org with 1-15 minutes guided practices	 <b><u>Decluttering Activity</u></b> Mindful simplicity article on a cleaning activity to reduce stress	 <b><u>Learning How to Unplug and Recharge</u></b> Arianna Huffington's Thrive series Chapter 2	 <b><u>Yoga Practice</u></b> Free yoga videos of various lengths with Lesley Fightmaster
<b>Week 3</b>	 <b><u>Easy Recipes</u></b> Healthy dinner ideas that take 30 minutes or less	 <b><u>Balancing Work and Life</u></b> Strategies to help manage your time and set boundaries	 <b><u>Hurry Slowly Podcast</u></b> Jocelyn Gleib interviews Jenny Odell about how to do nothing	 <b><u>Setting Priorities and Letting Go</u></b> Arianna Huffington's Thrive series Chapter 3
<b>Week 4</b>	 <b><u>Mindfulness Practices</u></b> Guided exercises in mindfulness to reduce stress and increase focus	 <b><u>Coloring Pages</u></b> Calming images to print and color in for some kinesthetic relaxation.	 <b><u>Facing Challenges with Gratitude &amp; Forgiveness</u></b> Arianna Huffington's Thrive series Chapter 4	 <b><u>Personal Connection</u></b> Inspiration for writing letters to a friend or loved one