



Mindfulness



Aromatherapy



Hydration



WELL-BEING

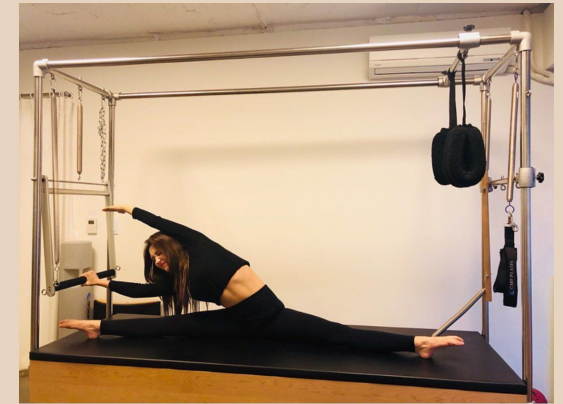
wellness



#hilsproject



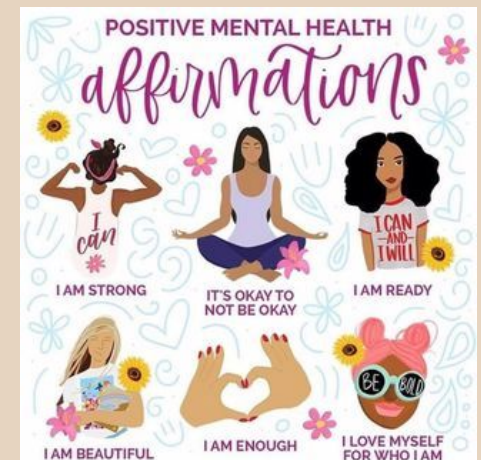
Erasmus+



Exercise

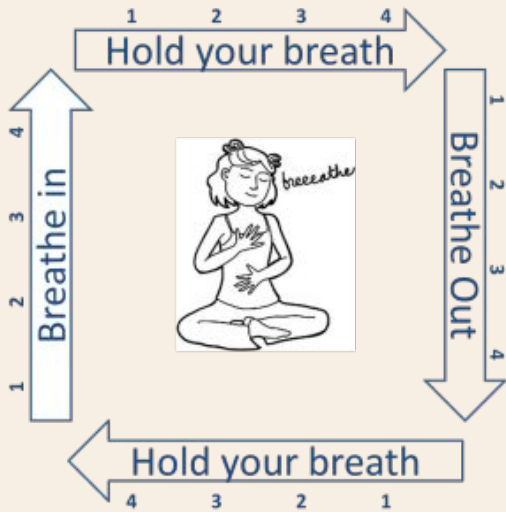


Sleep



Mental health

4 -SQUARE BREATHING



TIPS

- Stay hydrated
- Eat healthy
- Exercise (be active)
- Think positive
- Connect with people
- Enough sleep
- Show gratitude
- Meditate / practice mindfulness
- Breathing exercises
- Establish a routine
- learn new things
- take some "ME" time
- BE KIND

DAILY WELLNESS TRACKER

hydration (cups of water)



sleep

4 5 6 7 8 9 hours

mood



exercise: _____

time: _____ minutes

mindful activity: _____

time : _____ minutes

food

breakfast:

snack:

lunch:

dinner:

gratitude :

today, I'm grateful for: