

# 5 HEALTHY WAYS TO THRIVE DURING E-LEARNING

## **Make time to Move**

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

## **Pick a Peaceful Playlist**

<https://www.youtube.com/watch?v=77YwsoKsNV8>

<https://www.youtube.com/watch?v=9tpW-1kNyzc>

## **Stick to your Schedule:**

- +Create a daily schedule and display
- +Add alarms on your phone to keep you on track
- +Designate different spaces for work and relaxation time

## **Connect with Loved Ones**

- +Create a group chat
- +FaceTime friends
- +Send a thank you note or letter

## **Detox from Devices**

- +Challenge your friends/family to card and board games
- +Cook a new recipe
- +Read a book or magazine