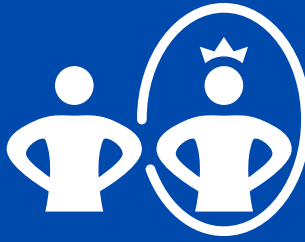


WELLNESS CHECKLIST



**STAY
HYDRATED**



**GIVE
YOURSELF A
COMPLIMENT**



**TAKE A DEEP
BREATH**



**ACKNOWLEDGE
SOMEONE'S
GOOD WORK**



**SAY:
"THANK YOU"**



**TAKE A
BIOBREAK**



**REFLECT ON
YOUR
FEELINGS**



**GET TO KNOW
A COLLEAGUE
BETTER**



**SMILE (EVEN
IF NO ONE
CAN SEE IT)**

BROUGHT TO YOU BY:

**CORPORATE NURSING
COUNCIL**



STEADY
WELLNESS PROGRAM

To learn more
about wellness
resources
available to you
(at Sunnybrook
and beyond),
check out:

[SUNNYBROOK.CA/WELLNESS](https://www.sunnybrook.ca/wellness)