

PEACE AT WORK RESOURCE SHEET: FURTHER READING AND SELF-CARE TIPS – By Lesley Tetteh

Reading Links:

[21 Mindful Habits You Can Adopt Today](#)

[7 Common Mindfulness Questions](#)

['Zoom fatigue' is setting in: What it is and how to prevent it](#)

[Mind Over Mood: Change How You Feel by Changing the Way You Think](#)

[How To Wake Up and Not Feel Like Going Back to Bed](#)

Time Management Tips

- Create a schedule for the day, week, month
- Write separate to-do lists for different areas of life: one of work, school (if you are a student), family, etc.
- Establish a work/rest pattern (1-hour straight focus, 15 mins rest)
- Eliminate anything that could be a distraction
- Do not bite off more than you can chew

Physical Self-Care Tips:

- [Full body stretch](#) (5 - 10 minutes)
- Take a walk (30 minutes)
- Dancing (20 minutes – or longer if you are having a lot of fun)

Self-Care for the Mind:

- Meditate on your purpose
- Journal out thoughts
- Read a chapter of a book
- [Grounded breathing](#)

Hobbies that you may want to try if not already:

- DIY projects
- Trying new recipes
- Painting

Types of Rest:

- Practicing stillness to decompress
- Creating a safe space for yourself
- Connecting to any form of art and nature
- Taking time away

Apps for Android and iOS:

[Headspace](#)

[Fabulous](#)

[Calm](#)

[Balance: Meditation and Sleep](#)

[ThinkUP](#)

[Flora](#)