

DATE

Weekly Wellness



THIS WEEK, I WILL...

MOVE MY BODY

- Stretch
- Walk
- Strength train
- Do yoga or Pilates
- Work on balance (stand on one foot, light exercises)

GET FRESH AIR AND ENERGY

- Spend time outside
- Get some sunshine
- Enjoy a short walk or time in nature

KEEP MY MIND ACTIVE

- Read (book, magazine, or article)
- Do a puzzle, game, or brain activity
- Learn something new

STAY CONNECTED

- Call or visit a friend or family member
- Join a group, class, or activity
- Spend time with others

CARE FOR MY WELL-BEING

- Practice gratitude (write or think of 3 things)
- Enjoy a hobby or relaxing activity
- Listen to music or unwind

SUPPORT MY HEALTH

- Drink plenty of water
- Eat balanced meals
- Take medications as prescribed
- Get a good night's sleep

WEEKLY REFLECTION

Something I feel good about this week is...

TIP: TAKE IT ONE DAY AT A TIME

NOTES



If you're enrolled in a TRS-Care health plan, you have benefits that can help support all your wellness goals.

www.trs.texas.gov/health-benefits/retiree-health

PLAN WITH PURPOSE. LIVE WITH CONFIDENCE.



Store this document in a secure location, and make sure a trusted person knows how to find and access it.