## Relax and recharge

Learn more about recovery, and practice intentional rest with these short LinkedIn Learning videos. Complete as many as you're able and find additional resources at <u>udel.edu/hr</u>

Monday	Wednesday
<u>You Have Permission to Rest</u>	<u>Find Your Ultimate Break Cycle</u>
(3m 1s)	(3 m 57s)

Managing Time Before and After Vacation (2m 35s)

Treat the Weekend Like a Vacation (3 m 15s)

Try a Recharge Meditation (5m 31s)

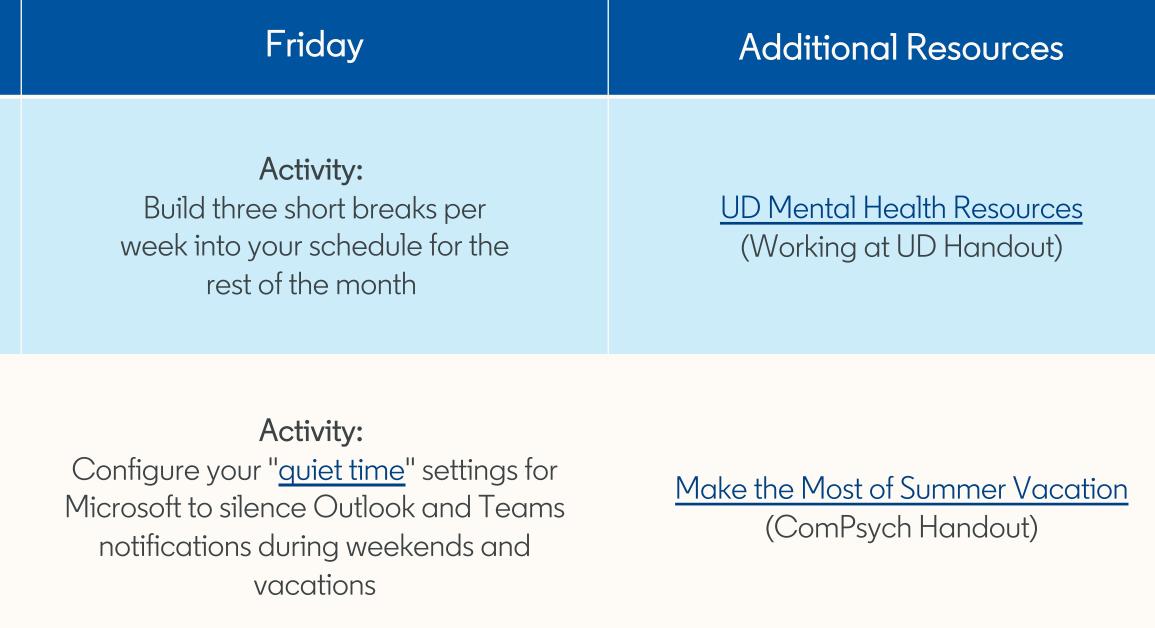
Release Tension Through Progressive Muscle Relaxation (7 m 44s)

Linked in Learning Learn more about your University of Delaware access









Activity:

Take four mindful breaths. - Sit up straight - Relax your shoulders - Hands on your belly - Breathe in for four seconds - Breathe out for four seconds Starting July 7, join our virtual discussion on the first Friday of every month, noon-12:30 p.m. to discuss the prior month's content

> Add to your Google Calendar Add to your Outlook Calendar

