

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 udel.edu/hr



Monday	Wednesday	Friday	Additional Resources
<p>You Have Permission to Rest (3m 1s)</p>	<p>Find Your Ultimate Break Cycle (3 m 57s)</p>	<p>Activity: Build three short breaks per week into your schedule for the rest of the month</p>	<p>UD Mental Health Resources (Working at UD Handout)</p>
<p>Managing Time Before and After Vacation (2m 35s)</p>	<p>Treat the Weekend Like a Vacation (3 m 15s)</p>	<p>Activity: Configure your "quiet time" settings for Microsoft to silence Outlook and Teams notifications during weekends and vacations</p>	<p>Make the Most of Summer Vacation (ComPsych Handout)</p>
<p>Try a Recharge Meditation (5m 31s)</p>	<p>Release Tension Through Progressive Muscle Relaxation (7 m 44s)</p>	<p>Activity: Take four mindful breaths.</p> <ul style="list-style-type: none"> - Sit up straight - Relax your shoulders - Hands on your belly - Breathe in for four seconds - Breathe out for four seconds 	<p>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</p> <p>Add to your Google Calendar Add to your Outlook Calendar</p>