CLEAR YOUR MIND
Give your body what it needs.
Think before you type.
Nourish your body and soul with flavorful foods.
Head outdoors, take a few deep breaths and enjoy the warmth of the sun.
Pause and pay attention to your body. Extra rest does wonders.

GET A LITTLE EXTRA REST

change to chill™

change tochill.org
Get out of your old routine and try something new.
If you can’t keep your thoughts straight, take 5 minutes to tidy up your space.
carpe diem
(SEIZE THE DAY)

Today is your day to shine.
Lend a hand

Need a quick recharge? Doing someone a favor can give you a mood boost, too!

Learn more at changetoChill.org by Allina Health
Tackle that project

Need a quick recharge?
Clear your mind and focus on the task at hand.

Learn more at change2chill.org
PROGRESS OVER perfection

Need a quick recharge? Keep at it, and you're sure to see improvement.

Learn more at change-to-chill.org by Allina Health
Need a quick recharge?

Not every day is a good day, but it’s important to remember there will be good days ahead.

Learn more at changetochill.org by Allina Health
Need a quick recharge?
Explore in the kitchen and find your inner chef.

Learn more at

change to chill™.org
by Allina Health

EXPLOR IN THE KITCHEN

changetochill.org