

# Cards by Category

## CONNECT

1. Ask for Help
2. Coded Messages
3. Connect with a Friend
4. "I" Statements
5. It's Nice to Be Nice
6. Seek Guidance
7. Thank You Notes
8. Zones Check-In

## DO IT

1. Chillax
2. Clear Distractions
3. Doodle or Draw
4. Eat Wise
5. Get Inspired
6. Get your Zzzz's
7. Journaling
8. Just Read
9. Lend a Hand
10. LOL (Laugh Out Loud)
11. Pros and Cons
12. Water Break

## FEEL IT

1. Around the Roof
2. Desk Rest
3. iComfort
4. The Great Outdoors
5. Infinity Breathing
6. Pressure Points
7. Tunnel Breathing



## MOVE IT

1. Chair Push-Ups
2. Loosen Up
3. Palm Press
4. Reach and Breathe
5. Shake It Out
6. Stand Tall
7. Stretch It Out
8. Tense and Relax
9. Toe Wiggles
10. Touch Points
11. Walk It Out
12. Wall Pushes

## THINK IT

1. Be Your Own Bestie
2. Good Vibes
3. Embrace Mistakes
4. Everything Will be Alright
5. I Can Roll With It
6. It Is What It Is
7. Maintenance Check
8. Meaningful Mantras
9. Reality Check
10. Take a Vacation
11. What's Ahead