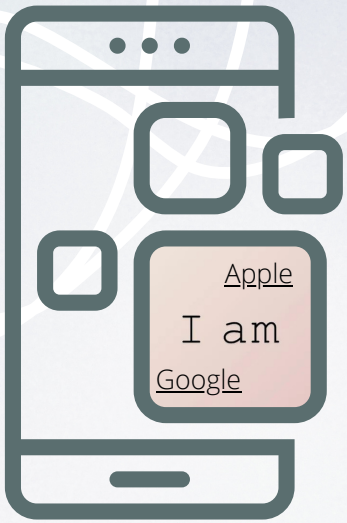


# 6 Mind & Body Break Tips

Dufferin-Peel Catholic District School Board

Deep Breathing

Sit & Stretch

Take Short Breaks

Reduce Your Stress level

Get up and move

Healthy Eating Choices

## Self Care

It's not selfish.
It's necessary.