



BeWell...

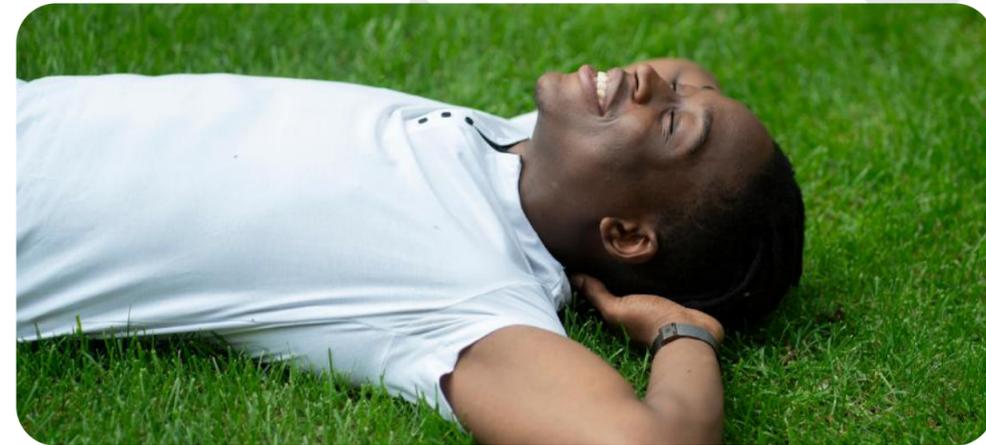
BeU

**Daily tips and ideas
to energize your well-being**

Designed especially for WeDriveU team members, this guide supports your mental and physical health with simple, practical tips for daily use.

Each page features a small action or reflection that can help you build a routine focused on prioritizing your well-being.

Read the entire guide at once or concentrate on one tip each day. Remember, your well-being matters, and every small step counts.





We'd Like to Hear from YOU

Whether it's a new habit, milestone, or a quiet moment of self-care, your experience using tips in this book may inspire others to find their path to being well.

Did something resonate with you? Got a new tip to add? Tell us how you're embracing wellness every day.

Share your story! Be part of WeDriveU's *BeWell movement*.

BE well: *Mentally*

BE well: *Physically*

BE well: *In life*

Setting clear self-care goals can help you stay focused.

Write down three specific self-care goals and post them somewhere visible as a daily reminder.





Mental health affects every part of your life... work, home and relationships.



Check in with yourself right now... How's your energy today?

Drinking enough water each day can help regulate mood.



Grab a glass of water and stay hydrated throughout your shift.



Stress is natural, but chronic stress can harm your health.



Step outside for a 5-minute fresh air break today.



Laughter really is good medicine, it relieves stress and boosts mood.

Share a funny meme, joke or story with a coworker today.





Physical activity releases feel-good chemicals in the brain.



Stretch, take a walk or move for 5-minutes today.



Mindfulness can help you stay present and ease overwhelming feelings.



Set a timer for 2-minutes and focus only on your breathing or surroundings.





Supporting a coworker can make a big difference in their mental health.



Send a quick “You’re doing great!” message to a teammate today. ✓

Boundaries are healthy, not rude.



Practice saying "no" kindly but firmly if you need to protect your time.





Regular social connection lowers depression risks.

Text someone you haven't heard from in a while just to say hello.



Your environment impacts your mental health.



Take 5-minutes to organize your space or make it more comforting.





Unplugging from screens can reset your mind.



Take a 10-minute tech-free break today... no phone, no laptop, just you. ✓

Expressing emotions helps process stress and grief.



Journal for 5-minutes about how you're feeling today.





Practicing kindness
boosts your mood,
and theirs.



Give someone a
genuine compliment
today. ✓

Accepting imperfection reduces stress.



Give yourself permission to not be perfect today.





Good nutrition supports brain health.



Add one fruit or veggie to your meal today.



Setting small goals
builds confidence.



Set one achievable
goal for today, and
celebrate when you
complete it.





Staying present
reduces worrying
about the future.

Focus on what's
happening right now,
just for 1-minute.



Music can instantly shift your mood.



Play a song that makes you feel good today.



Letting yourself rest is part of being productive.



Schedule intentional downtime into your day today.



Reducing caffeine can ease anxiety.

Swap one coffee or soda for water or herbal tea today.





Overthinking drains your energy.



When you catch yourself spiraling, write the worry down and leave it there.



Visualization can reduce stress.

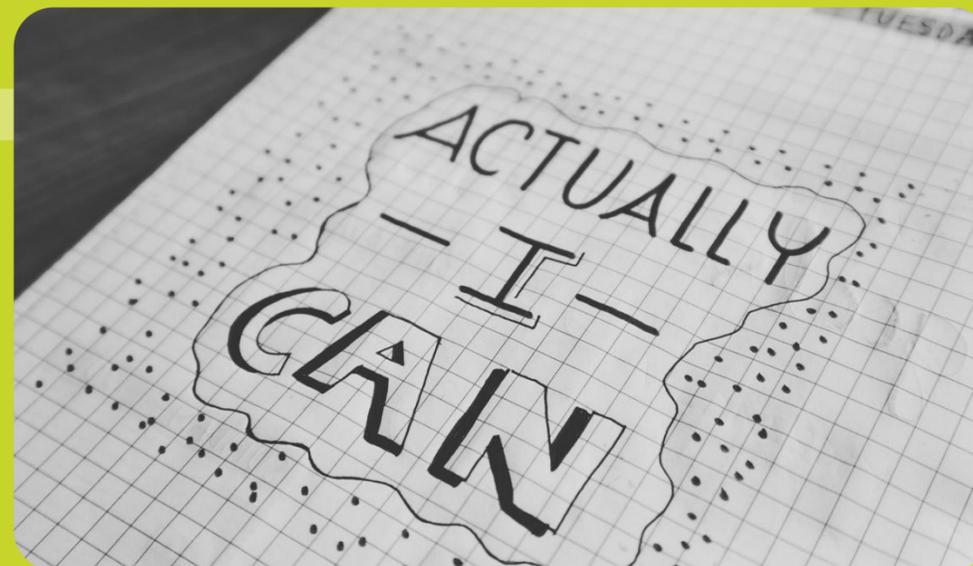


Close your eyes and picture a place where you feel calm for 1-minute.





Affirmations
strengthen mental
resilience.



**Say one positive
thing about yourself
out loud today.**

Pets and animals can reduce anxiety and boost happiness.



If you can, spend a few minutes with a pet... or watch a cute animal video.





Naming your emotions can help you manage them.

Pause and ask yourself: What emotion am I feeling in this moment?



Your internal voice matters, talk to yourself like you would a good friend.



Catch one negative thought today and reframe it with kindness.





Hope can be a powerful mental health tool.



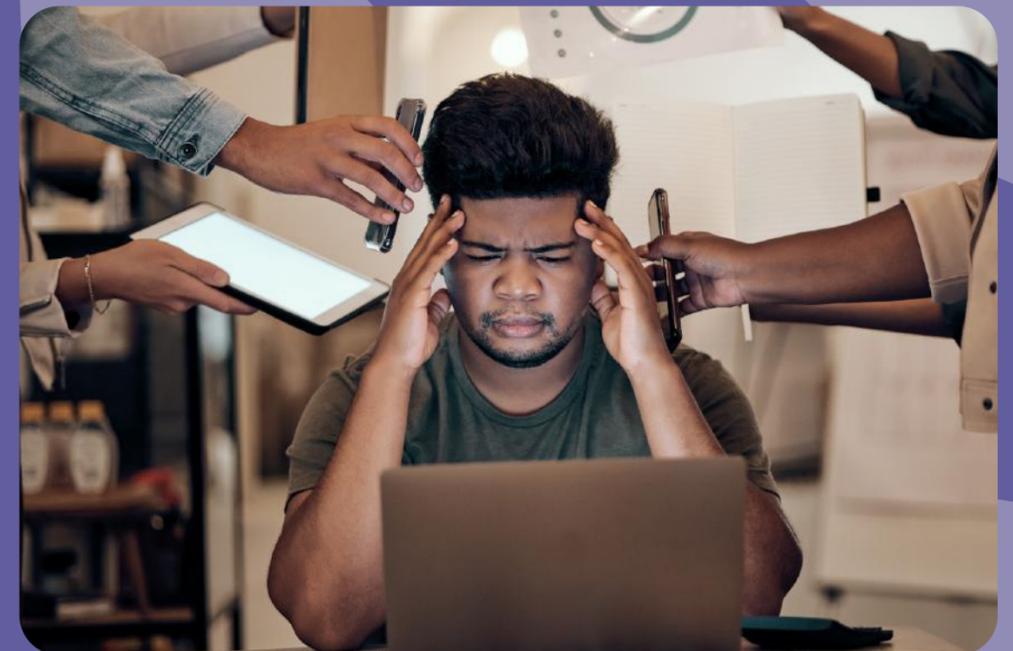
Write down one thing you're looking forward to, no matter how small.

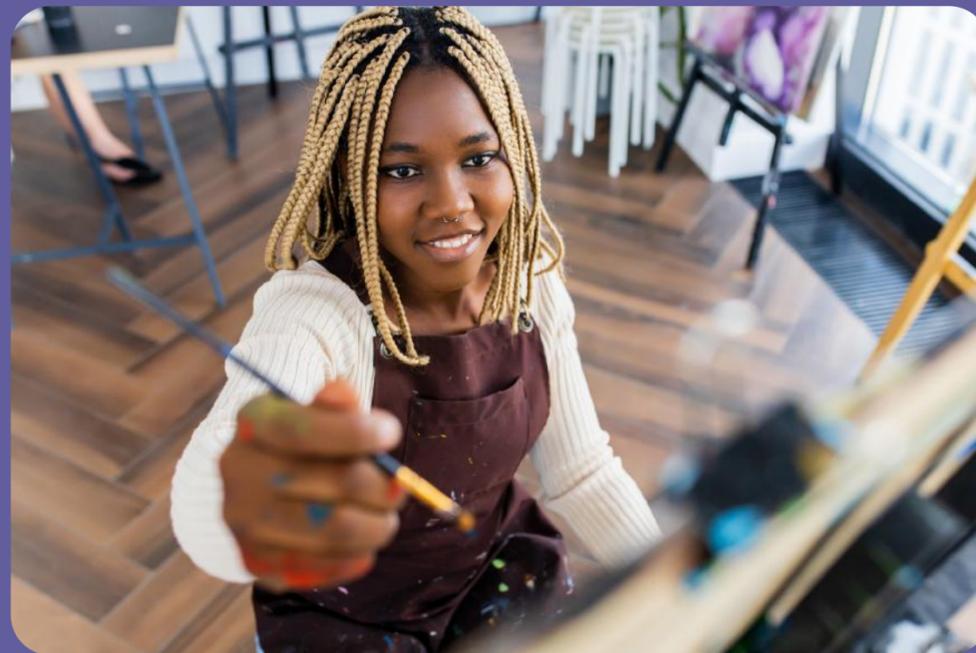


Recognizing your limits is a strength, not a weakness.



Acknowledge one boundary you need to maintain this week.





Take some time today to de-stress and unwind.

Do a hobby you enjoy, or try a new one if you don't have a go-to hobby.



Staying connected reduces feelings of isolation.



Reach out and check on a coworker or friend today.





Your body and mind are connected, caring for one helps the other.



Stretch your arms overhead right now and take a deep breath.

