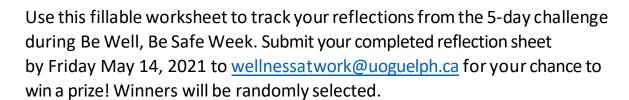
5-Day Workplace Wellness Reset Journal Reflections





Name:	
U of G Email Address:	
 MINDFUL MONDAY Was it hard to stay focused and mindful while completing your activities? Why or why not? How might you incorporate mindfulness into your everyday life from now on? 	
 TAKE A BREAK TUESDAY How did your break(s) feel? Did they help you feel re-energized and focused? What could you have done better to benefit from your break(s) more? 	

 WORK-LIFE WEDNESDAY How did you feel managing your work and life differently? Did you feel more effective at balancing them 	
 THANKFUL THURSDAY Did you find it difficult or easy to find things to be grateful for at this time? How did focusing on what you were thankful for impact the rest of your day? 	
 FRIENDSHIP FRIDAY What did you learn from connecting with others virtually? How did you feel after you connected with others? How can you continue letting your friends know you care in the long-term? 	

Adapted with permission from Workr Beeing.