



**regionten**

innovative services for mental health, developmental disabilities and substance use disorders

a better life, a better community

# Winter Wellness

SAP Connect  
January 2021

## WAYS TO KEEP MOVING DURING THE SCHOOL DAY!

001.



### TAKE ACTIVE BREAKS

Walk, run, dance, do yoga or other sports!

Take short breaks at least after every class, even just to get up & move around the room. This can help you concentrate better & help your ability to stay focused throughout the day!

002.

### MOVE DURING LUNCH

Take a walk outside, get some fresh air!

Bundle up & get outside to get some fresh air during lunchtime. Take a short walk or any kind of exercise you like. Regular movement can help reduce anxiety & improve your mood.



003.



### DRINK WATER

Get up and go get some water!

Drink water throughout the day, it helps your brain & body be able to function at their best. Also grab a healthy snack if you need it! Don't like drinking a lot of water? Try adding a few drops of lemon to your water!

Interested in learning more about wellness or have other ideas about ways to keep moving during the school day? Reach out to your school counselors or SAP (Ms. Miller - [cmiller3@k12albemarle.org](mailto:cmiller3@k12albemarle.org)) to talk more!