

## Dr. Comfort's PRESCRIPTION

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### DOSAGE

Family / Kids

Dance

Spirituality

Mindfulness

Pleasure Principle

Friendships

Play / Joy

Exercise

Gratitude

Planning Vacations

Sleep / Rest

Laughter / Smiling

Taking Breaks, esp in Nature

Visual or Performing Arts

Listening to or playing Music

Hydration / Nutrition

Crafting

Animal Love

### DOSAGE



## STRESS SOLUTIONS, IN SUM...

1. Box breathe... and adjust as needed.
2. Laugh! (Fake it 'til you make it)
3. Practice spirituality & gratitude
4. Exercise with others
5. Focus on a few friends & family
6. Avoid addictive distractions
7. Take breaks/vacations; enjoy nature
8. Love on those pets

## GET CURIOUS @WORK:

1. How are you taking care of yourself?
2. Will this be a walking meeting?
3. Did you take a break yet today?
4. How can I support you?
5. What do you do for your mental health?
6. How can we have inclusive fun as a team?
7. What makes you laugh?