



Send a loved one a
**THOUGHTFUL
TEXT or EMAIL**
Explain why

Turn on music and
DANCE
for 2 minutes

**BREATHE
DEEPLY**
for 2 minutes

Turn on a favorite
SONG

SNIFF
a calming scent like
LAVENDER

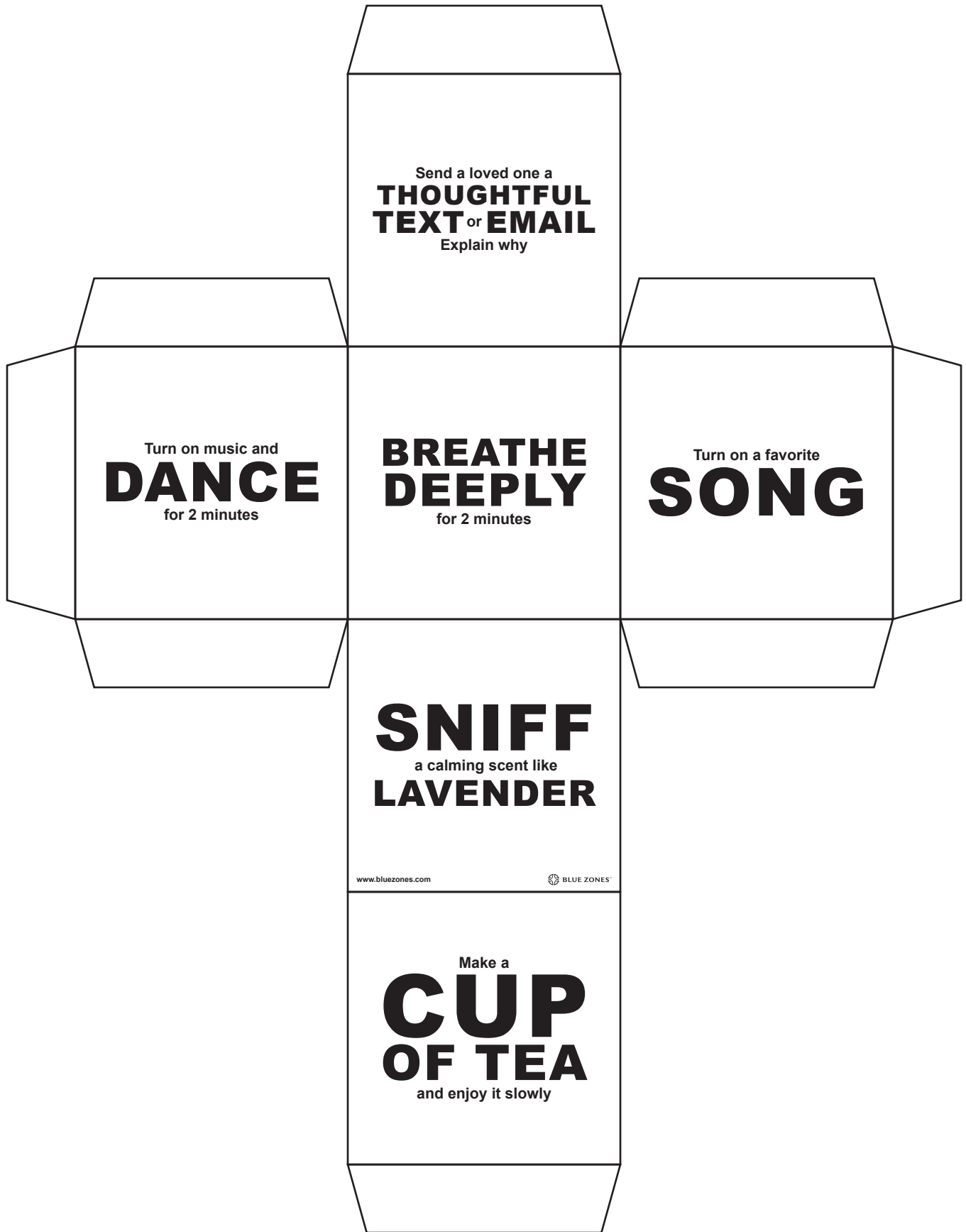
www.bluezones.com

 BLUE ZONES™

Make a
**CUP
OF TEA**
and enjoy it slowly

DOWN SHIFT

 **BLUE ZONES™**



DOWN SHIFT

