

Tape bottom flaps together

BOTTOM

UT HUMAN RESOURCES

BeWell  
UNIVERSITY OF TENNESSEE



[bewell.utk.edu](http://bewell.utk.edu)

Be Well encourages all UT faculty and staff to take Be Well Breaks throughout the work day to practice self-care and energy management. Be Well Breaks can be a healthy and productive part of the University of Tennessee's work environment.

- The best type of break is one that leaves the body and mind feeling rested and energized.**
- Have a healthy snack
  - Try gentle stretching
  - Check-in with a colleague
  - Take a lap around the office
  - Practice a breathing exercise
  - Refill your water bottle
  - Walk on a campus walking route

# Taking a BeWell Break

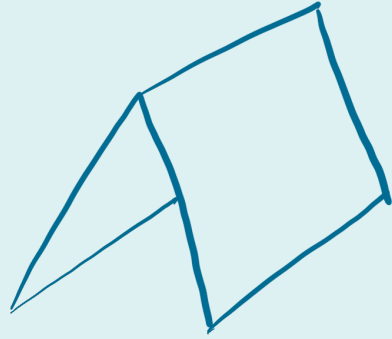
BOTTOM

Tape bottom flaps together

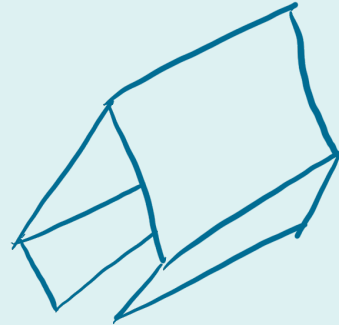
Tape bottom flaps together

**BOTTOM**

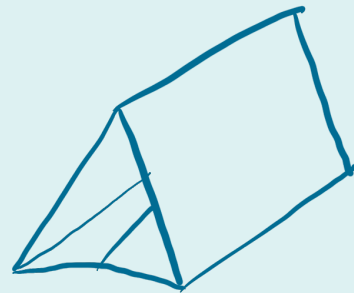
Fold in half down the middle.



Fold the 2 bottom flaps.



Tape the 2 bottom flaps together.



**BOTTOM**

Tape bottom flaps together