

Be Well

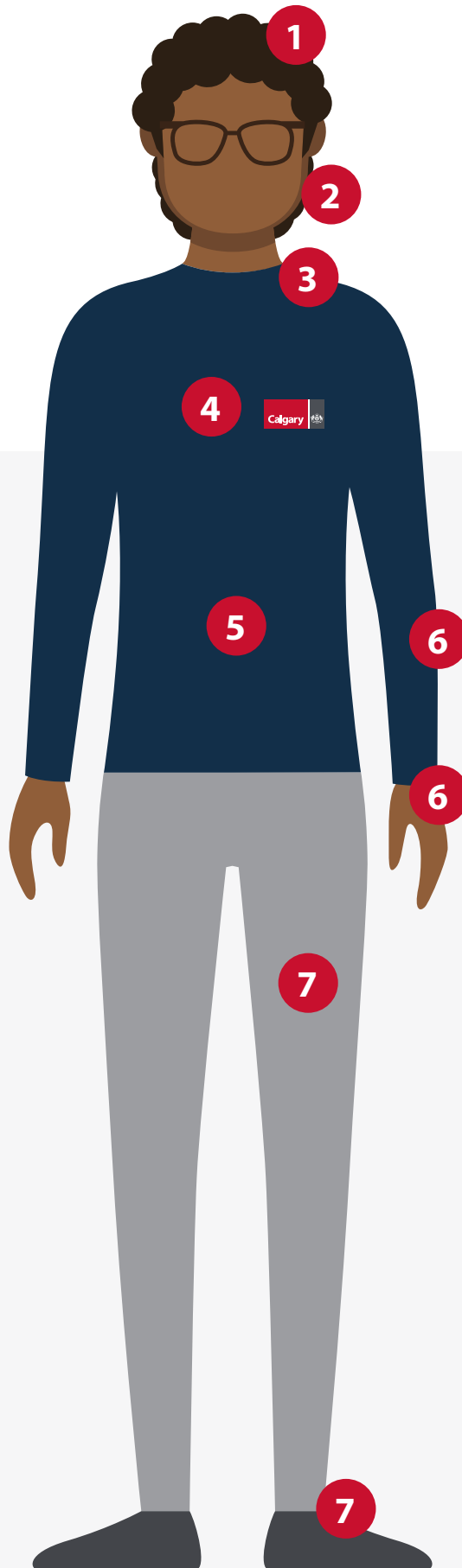
for Transit Operators



Being well – and staying well – is supported by the small, daily choices you make to care for your body, mind and emotions.

Taking wellness microbreaks that gently relax or boost your energy can help you feel steady, supported and calm throughout the day.

Click on a body area to explore a playlist of short videos for that zone.



1. Mind
Calm and focus breaks



2. Eyes/Ears/Jaw
Release and rest breaks



3. Neck/Shoulders
Muscle tension breaks



4. Heart/Lungs
Breathing and compassion breaks



5. Back/Hips/Torso
Movement, breathing and relaxation breaks



6. Arms/Hands
Movement, and relaxation breaks



7. Legs/Feet
Grounding and recovery breaks



8. Full body
Quick, whole-body resets to feel refreshed from head to toe.



9. Energy boost
Boost your energy and feel more alert.

Questions?

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Visit

calgary.ca/bewell