

a few notes

Topic: Theme for You 2021



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

So we are starting a new year. What will be your focus for 2021 or rather what will be your theme for 2021. According to [mentalhealth.org](https://www.mentalhealth.org), these four things will be helpful as you set your theme for 2021. 1. Accept who you are. Resist the urge to strive for an entirely new you in 2021. Accept who you are and approach goals, habit change, and growth with positive self talk. 2. Nourish your body. Physical exercise can have a positive impact on your body and mind. Find ways to workout that nourish your body and mind. 3. Bring intention into your actions. Mindful exercises like breathing, meditation, and yoga help manage stress and promote wellbeing. 4. Take time for yourself. When things become overwhelming, hit the pause button and do something for you. [Click here for Source](#) .