

5 tips

for putting health first during stressful times



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1 Virtual lunches and coffee dates are a great way to stay connected with coworkers—especially when you can talk about more than just work. Use this time for everyone to share recipes, tips, activities, and how they're managing work-life balance.

4 Have a little fun by inviting coworkers and loved ones to **share music playlists and podcasts**. While the beat goes on, it's fun—and sometimes surprising—to learn each other's recommendations.

2 Remember to take a break! Step outside, enjoy lunch with your family (virtually or at home), participate in a guided meditation—anything to allow yourself to hit pause and feel refreshed.



5 Staying active is as important as ever. Inspire others to join you in an **activity challenge**. Set a challenge to reach your daily step goal, participate in stretching breaks, or try out new online workouts, for example.

3 Create a group chat or channel exclusively for expressing gratitude. It's the perfect go-to when you need a pick-me-up.



Learn more about Case Western Reserve University's partnership with WW.

Visit [ww.com/us/CWRU](https://www.weightwatchers.com/us/CWRU) and enter the Employer ID: 21123.