



UPschool
by uncommon consulting
Professional Development & Personal Growth
for HR Pros and People Managers

**Gain time, knowledge,
motivation and direction with
an UPschool membership.**

Motivation and Self-Care

- Drink water throughout the day
- Go for a walk
- Eat lunch away from computer for 30 minutes
- Care for & tend to something alive and growing
- Meditate, Do yoga
- Be mindfully present to one thing ie: song, animal, nature
- Set up a room with aromatherapy
- Schedule a morning and afternoon stretch-break
- Be mindful of the boundaries you need and defend them
- Say no when you need to
- Work through a Motivation Factor™ Energy Drainer Exercise
- Join UPschool for real-time content and live coaching