



MEMBER UPDATE

ReFresh

February 23, 2022



This week...

Refresh through ReFresh

Spring Break is around the corner... and for many of us, it cannot come soon enough!

We know how busy you are – therefore, we are keeping it simple this week and bringing you quick links to ReFresh favourites.

- These links may serve as a quick reminder of past ReFresh editions and topics.
- They could be articles that you thought you would come back to, but never did.
- Or maybe you deleted them right away as you were too busy to open them.

The topic may not have spoken to you at the time, but now, it might just catch your eye!

Remember, you can always go back and review previous ReFresh articles [here](#).

Perhaps there is a topic in this list that will help you stay well until Spring Break:

- **[Balance – Defined by YOU!](#)**

- Release for Better Sleep
- Replenish Your System with Supplements (vitamins and minerals to support a healthy nervous system)
- STOP! (How to stay grounded and calm in difficult situations)
- Pause for a Cause (resources for self-care)
- Stretching, for Tension Release
- Take a Break, and Hydrate

