

## **Midhunt Runaround**

*Have each member of your team choose one (or more!) of the following to complete.  
Please provide HQ with photo or video evidence.*

- > Drink a glass of water
- > Stand up and stretch
- > Go outside (bonus if you touch grass)
- > Take a disco nap
- > Eat a meal or snack
- > Complete a mindfulness exercise
- > Try some deep breathing
- > Do some yoga
- > Listen to some relaxing music
- > Do something that brings you joy
- > Any other self care related activities that you can think of