

Creating a RECHARGE Space Posters/Handouts

Download and print the resources included here to enhance the RECHARGE space. If you do not have a printer, talk to your coordinator about getting these resources printed in color.

Posters

- [“Have You Taken a Break Today to RECHARGE Break” poster](#)
- [EAP Breathing flyer](#)
- [“Take a Minute to Stretch” poster](#)
- [“Take time to breathe” poster](#)
- [Self-Care and Positive Messages](#) (can be printed or displayed on the monitor)

Handouts

- [Take Time to Breathe/Stretch Handout](#)
- [RECHARGE Pocket Guide](#)
- [Chair Yoga](#)
- [EAP Flyer](#)

Miscellaneous

- [Relaxing Songs Playlist](#)
- [Inspirational Quotes](#)