

Quick Professional Wellness Exercises

Set Your Top Three Priorities

Begin your day by identifying the three most important tasks to improve productivity and reduce overwhelm.

Learn Something New

Spend 10 minutes reading an article, watching a training video or exploring professional development resources to build skills and knowledge.

Practice Active Listening

During your next conversation, limit distractions and ask thoughtful questions to strengthen collaboration.

Organize Your Workspace

Take five minutes to declutter your workspace. An organized environment can improve focus and efficiency.

Recognize Someone's Contributions

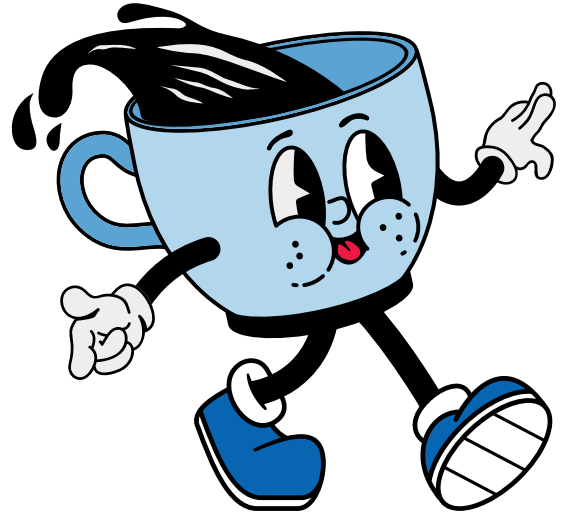
Send a thank you or provide positive feedback. Recognition helps strengthen workplace relationships and team morale.

Build Your Network

Reach out to a colleague, mentor, or campus partner. Connections provide support and opportunities for growth.

Reflect on a Professional Success

At the end of the day, identify one accomplishment or challenge you handled well to build confidence and resilience.



Office of Talent, Culture,
and Engagement

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