In this crazy season of uncertainty and change, build resilience when you savor each moment with intentional focus and appreciation.

**EAT**
Enjoy the smell, taste, texture, and color of healthy whole food

**MOVE**
Get your blood pumping while walking to your favorite music or podcast

**UNPLUG**
Be present with people in the space God has placed you

**REST**
Refresh your mind and spirit with a good night’s sleep or needed nap

Provided By: Ginger Hill, Speaker at 2020 ACSI PD Forum