



Take 3 for Me

An N Good Health video series

New videos are now available!

Are you feeling stressed?

Take a deep breath. In health care, we spend a lot of time taking care of others. Check out this series of short well-being support videos from fellow Norton Healthcare employees.

Titles include:

- Gratitude
- Jin Shin Jyutsu
- Puppy Love
- Stretching to Improve Posture
- Love to Laugh
- Tense and Release
- Loving Kindness Practice
- Shoulder and Neck Release

Self-care is not selfish.

All the videos can be viewed by scanning the **QR code** below. If you are an N Good Health participant, you can find them at **NGoodHealth.com** and can earn 3 program activity points for each “Take 3 for Me” video you watch. Just follow the link in the video description then sign in to your N Good Health account and earn points immediately.



Scan the **QR code** to start watching!

