

# Wellbeing

**NorthShore** University HealthSystem | Swedish Hospital Part of NorthShore | **nch** NorthShore Community Healthcare Part of NorthShore

## Spaces to Recharge

Making time for the most important person in your life - **YOU** - isn't always easy. Today is the perfect day to join the **RE VOLUTION** and find your **RE**.

Wait, what's a **RE** ?

### **RE CHARGE**

Start by finding your pavilion's recharge space. It could be a Recharge Room, a chapel, an outdoor garden, or a campus walking map.

### **RE FRESH**

Relax by taking time to unwind from your day.

### **RE ENERGIZE**

Give your mind and body a break so you can be at your best.

### **RE FLECT**

Take a moment (or several) to focus on what's important to you.

### **RE NEW**

Try a different approach to your work day.

### **RE JUVENATE**

Repeated visits have proven to be beneficial for your mind and body. So, don't forget to return to your recharge spaces regularly!



Find Recharge Room Locations by visiting the [Wellbeing Page on Pulse](#).

