



Room to Reflect

Giving Ourselves Permission for Self-Care

Restorative Movement Yoga and Stretching



bit.ly/3zjKaH



Give your muscles a break. Grab a chair or yoga mat and enjoy.

Inspiration Poems and Quotes



bit.ly/364juw6



Settle into a chair and enjoy a story or two.

This resiliency toolbox includes five self-care experience options. To access an offering, scan the QR code with your device. Find directions on the back of this flyer to pair the headphones with your device and use the virtual reality equipment.

Meditation



bit.ly/3sNOyKm



Clear the clutter in your mind and rediscover your breath.

Please put on disposable gloves before using any of the tools in this box. Keep the gloves on until you are finished and have cleaned all equipment and materials used, including the toolbox. For issues with cleaning, contact Infection Prevention and Control at 4-0260 or PIC 1841.



Soothing Sounds



bit.ly/2MgyOKt



Sit back and enjoy some sounds to soothe your mind.

Virtual Reality



bit.ly/RoomToReflect



Step into a journey to fill your senses with adventure and wonder.



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Restorative Movement, Inspiration, Meditation and Soothing Sounds Instructions

Connect

- Connect your Apple or Android device to the Bluetooth wireless headphones.

Apple

- On your Apple device, go to Settings → Bluetooth and turn on Bluetooth.
- Push the pairing button on the bottom of the headphones.
- Wait for H10 to appear on your device.
- To pair, tap H10.

Android

- Push the pairing button on the bottom of the headphones.
- On your Android device, go to Settings → Connected devices.
- Tap Pair new device.
- Tap H10 under Available devices.
- **Scan the QR code or visit the URL for your option on the front of this flyer.**
- Enjoy the experience.

Disconnect

- Unpair the Bluetooth connection between your device and the headphones.

Apple

- On your Apple device, go to Settings → Bluetooth.
- Find H10 in the list and tap the (i) icon next to it.
- Tap Forget This Device.
- Confirm you'd like to remove the device.

Android

- On your Android device, go to Settings → Connected devices.
- Tap the settings icon next to H10.
- Tap Forget.

Virtual Reality Instructions

- For your safety, remain seated while using the virtual reality option.
- Secure a disposable virtual reality (VR) goggle face shield over your eyes. The foam on the VR goggles cannot be cleaned with cavi wipes, so you must wear the shield the entire time you are using the VR goggles.
- Scan the QR code or visit the URL under Virtual Reality on the front of this flyer.
- Choose a virtual reality experience. Each experience has several options. Tap your choice.
- Tap Play in app.
- If an ad plays, tap Skip ad.
- Tap the set of goggles in the bottom right of the screen. This will give you a split screen.
- Pull out the plastic tray on the right side of the front of the goggles.
- Place your phone in the tray. Make sure the split screen line is in the middle.
- Put on the goggles and enjoy the experience.
- **Clean all equipment and materials and return them to the box.**



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