

## **2 minutes:**

- Breathe • Stretch • Take your stress temperature • Identify one thing you are grateful for • Laugh • Doodle • Acknowledge one of your accomplishments • Say no • Compliment yourself • Look out the window • Spend time with your pet • Share a favorite joke • Have a drink of water (we are often dehydrated and water can be surprisingly energizing & cleansing) • Look at pictures of your loved ones, pets, favorite places-anything that makes you smile • Pause before entering your home at the end of the day, remind yourself where you are • Before going into work pause and focus on how you want to be today •

## **5 minutes:**

- Listen to music • Have a cleansing cry • Chat with a co-worker about something other than work • Daydream • Sing out loud • Jot down dreams • Step outside for fresh air • Enjoy a snack or make a cup of coffee (decaf?)/tea • Practice some deep breathing • Pay attention to bodily sensations, attempt to relax and rid yourself of excess tension • Greet everyone in your home when you arrive • Compliment someone

### **10 minutes:**

• Evaluate your day • Write in a journal • Call a friend • Meditate • Tidy your work area • Assess your self care • Draw a picture • Dance • Listen to soothing sounds • Surf the web • Read a magazine • Write a note acknowledging someone or thanking them • Watch a funny or inspiring video • Connect with friends on a social networking site • Stand up and stretch all of your muscles, pay attention to the tightening and releasing • At the end of your day make a list for tomorrow-‘leaving’ these things at work • Change out of your work clothes when you get home • Clean/organize your work space •

### **30 minutes:**

• Get a massage • Exercise • Eat lunch with a co-worker • Take a bath or long shower • Read something non-work related • Spend time in nature • Go shopping (or browsing for those of us on a budget) • Practice yoga • Practice meditation • Watch your favorite television show • Cook a meal • Take a nap • Play with your pet or kids • Play music • Do a crossword, word find or Sudoku • Make art • Engage in a hobby • Garden • Savor your meal • Write a letter • Read a book •