

# TAKE 5

*Next time you need a break in your day, pick a number between 1-15 and do whatever corresponds to that number from the list below!*

*Chances are you will feel much more refreshed than if you spent 5 minutes scrolling through social media.*

1. Pick a new desktop background – an inspiring cityscape, an inspiring quote, your favorite vacation spot. Pick a few and rotate them out every month or so!
2. Take out a notepad and pen and just write for a few minutes. Don't worry if nothing brilliant comes to your mind. Even just writing down your feelings or what you are grateful for can be incredibly relaxing
3. Before your next meeting, spend a few minutes renaming and organizing files. Your future self will thank you!
4. Draw a souvenir from a moment or feeling (first kiss coffee mug – 1998, sad).
5. Step outside and call a family member or dear friend just to say hi and see how the day is going! They will appreciate it.
6. Do nothing for two minutes. The website [donothingfor2minutes.com](http://donothingfor2minutes.com) forces you to sit, relax and gaze at a beautiful photo to really clear your head. The second you move your mouse away you have to start over!

7. Unsubscribe from 5-10 newsletters in your inbox. Anything you haven't read in a month or more is probably safe to get rid of.
8. Leave tiny encouraging notes in different rooms of your home. (You're doing it right, honestly. Go you! This feels like the start of something good.)
9. List 10 things that make you happy! Go and do one of those tonight!
10. Recall a memory that sparks joy and share it with someone close to you. Reminisce together.
11. Grab some brain boosting snacks for the mid-day slump. Blueberries, leafy greens and nuts have all been shown to help your brain function better.
12. Head outside and walk two laps around your block or building. Too cold outside? Get the same energizing effect by walking up and down a few flights of stairs.
13. Sit back in your chair and daydream for a few minutes. Just allow your mind to wander and try not to focus in on anything too much.
14. 5-4-3-2-1 grounding practice. What are five things that you can see? What are four things that you can taste? What are three things that you can hear? What are two things that you can smell? What is one thing that you can taste?
15. Take a deep breath, count to 10. Repeat. You got this!