

## **What Can You Do In....**

### **2 minutes:**

Stretch  
Take your stress temperature  
Compliment yourself  
Take a deep breath  
Look out the window and make note of something beautiful  
Share a joke  
Compliment someone else  
Color  
Take a sip of water  
Smile

### **5 minutes:**

Listen to a favorite song  
Chat with a co-worker  
Attend to personal needs  
Step outside and take a deep breath  
Walk around the building or your office/work area  
Write down an affirmation and hang it up  
Enjoy a healthy snack  
Straighten/organize an area of your office/desk/work area