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