

TAKE A

# BREAK!

MAKE YOURSELF A PRIORITY TODAY



5

MINUTES

- Call a friend and share good news.
- Eat a healthy snack.
- Give yourself a shoulder massage.

10

MINUTES

- Go for a walk.
- Write a thank you card to someone.
- Daydream/ Brainstorm new ideas.

15

MINUTES

- Listen to a motivating podcast.
- Do a puzzle or a word search.
- Catch up on current events.

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MINUTES

- Take a tech-free break.
- Compliment a friend.
- Check your posture.

10

MINUTES

- Take a brisk walk after eating.
- Write out your bucket list.
- Eat a snack slowly.

15

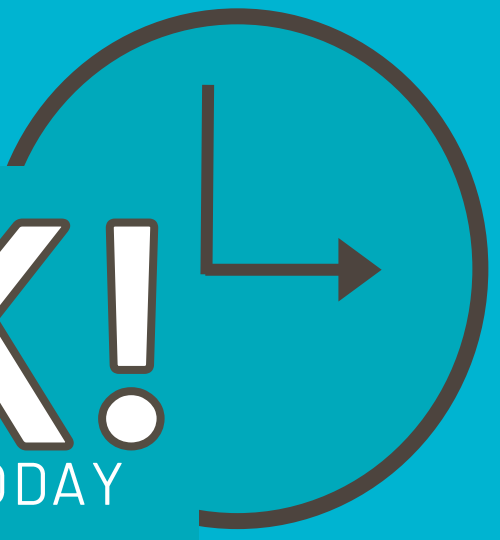
MINUTES

- Write a short story.
- Mentor someone or be mentored.
- Connect with nature.

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MINUTES

- Visualize your daily goals.
- Do a plank.
- Tell a loved one you love them.

10

MINUTES

- Draw.
- Make a to-do list for tomorrow.
- Do a quick purse or wallet dump.

15

MINUTES

- Do some yoga.
- Meditate.
- Walk around and socialize.

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MINUTES

- Step outside and enjoy the sun.
- List five things that make you happy.
- Floss your teeth- or do the dance!

10

MINUTES

- List five things you're grateful for.
- Read an informational article.
- Reserve time for a vacation.

15

MINUTES

- Read a few pages of a book.
- Take a short nap.
- Practice deep breathing.