



Short and Simple Self-care Ideas



If you've got 5 minutes

- Breathe deeply
- Make a gratitude list
- Sit in the quiet
- Drink ice cold water
- Change positions at your desk – stand up or stretch
- Shake out your arms and legs
- Massage your hands
- Step outside for fresh air
- Chew sugar-free gum

If you've got 10 minutes

- Dust your desk space
- Delete text messages you no longer need
- Make an herbal tea
- Listen to music
- Book the appointment you've been putting off
- Write a thank you note
- Write a to-do list
- Do a meditation
- Have a cat nap (just be sure to set an alarm!)

If you've got 15 minutes

- Take a walk
- Journal
- Call someone to catch up
- Read a magazine or book
- Do a Sudoku[®], word search or crossword
- Color a picture
- Organize your desk space
- Watch a motivational TED Talk[®]
- Find a new healthy recipe to try

