**take a break**

**15 EASY WAYS TO DE-STRESS IN 5 MINUTES**

- Have a healthy snack
- Send someone a note of love or gratitude
- Meditate
- Light an aromatic candle
- Write a gratitude list
- Practice deep breathing
- Listen to music
- Dance
- Say affirmations
- Stretch
- Go outside
- Self-massage
- Cuddle a pet
- Drink herbal tea
- Sit quietly

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