

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