Need a quick-or not so quickstress-break? Fresh out of ideas? Try one of these:

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Angry? Talk to a friend about it. Apologize for a mistake. Meditate.

Ask for help

Call up an old friend. Run



Change coffee break to exercise break.

Close your eyes. What do you see?

Count to ten—or 1000—before exploding. –ble, i g) make a li . .

 $R_{
m R}$ Cut back on caffeine.

Plan ahead.



Eat a good breakfast.

Fly a kite. *Get a massage.*

Get a pet.

Find someone you're grateful to and thank them.

Play with **Go** your dog. fishing

Get up fifteen minutes early.

Keep a journal of thoughts and feelings.

for a brisk walk. swimmina. to work a different way.

a round

Hug a tree. Hug someone

you love.

Listen to the birds.

Leave the car at home and take the bus. Lie in a nammock. at the big picture.

closely at a flower, leaf, blade of grass or tree trunk.

off into the distance.

Plant a flower. **V V** Smell a rose.

Ride your bike

Ride yo to work

Practice
Yoga.

.a cat in your lap. ..on some music. ...plants in your office. ..your feet up.

Make a list. Then follow it. Massage your

> mokina. Write a poem.

Paint a peaceful scene—in your imagination.

SING A SONG.

down your fears. down your dreams. laughing your congressman. out loud.