

When There's a Lot Going On, Take a Step Back...

..... Ordinary & Happy

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- Sit in the backyard for 2 minutes.
- Put on uplifting music.
- Take five deep breaths and visualize positive next steps.
- Identify a task you can do right now.
- Put on a video of ocean waves or rainforest sounds and close your eyes for a few moments.

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- Sit outside with a coffee or tea.
- Step out for a short walk around the block.
- Look at a framed photo or quote that inspires you.
- Send a message to someone you haven't spoken to in a while.
- Read something uplifting.
- Take a short no-screen break.
- Open a window and look at nature.

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- Make a prioritized to-do list.
- Assign scores to tasks to prioritize.
- Set reminders.
- Declutter your workspace for a few minutes.
- Write down what's in your head.
- Turn off notifications for a short time.
- Simplify a task into manageable steps.
- Take some time to organize your digital files.

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- Write in a gratitude journal about spring.
- Smile or laugh to yourself.
- Remind yourself it's okay to take breaks.
- Reflect on the successes of your year so far.
- Talk kindly to yourself in the mirror.
- Focus on what you can control, right now.
- Remind yourself of your 'why'.

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- Sit in natural light by a window.
- Sit in the garden and listen to the sounds of spring.
- Take a nap for a few minutes.
- Light a spring-scented candle.
- Try guided meditation.
- Hold stretches for a few minutes.

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- Look at the sky.
- Massage your hands.
- Sit in the backyard for a few minutes.
- Go for a walk to a park or local green space.
- Open a window and sit by it for a few moments.
- Take a break from your screens and sit and be present.

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- Dance to feel-good songs.
- Hold power poses in the mirror.
- Take your dog for a longer walk.
- Stretch in between tasks.
- Try a quick 10-15 minute bodyweight workout at home.
- Go for a quick walk
- Tend to your garden.