

Micro-Breaks

for Busy Days

Ordinary & Happy

1 <input type="checkbox"/> Think about a happy memory in detail.	2 <input type="checkbox"/> Make yourself a cup of tea, coffee, or a smoothie,	3 <input type="checkbox"/> Step outside for a few minutes of fresh air.	4 <input type="checkbox"/> Hold a couple of 1-minute power poses.
5 <input type="checkbox"/> Sit in a cozy spot and reflect for a few minutes.	6 <input type="checkbox"/> Call a loved one to chat for a couple of minutes.	7 <input type="checkbox"/> Doodle something simple that comes to mind.	8 <input type="checkbox"/> Put on your favorite feel-good or motivating song.
9 <input type="checkbox"/> Try some quick exercises like heel raises or jumping jacks.	10 <input type="checkbox"/> Look at some happy photos you have on your phone.	11 <input type="checkbox"/> Read some positive news or an inspiring story.	12 <input type="checkbox"/> Journal about your day just for a few minutes.
13 <input type="checkbox"/> Massage your hands for a few minutes.	14 <input type="checkbox"/> Read some motivational quotes.	15 <input type="checkbox"/> Smile to yourself in the mirror and say something encouraging.	16 <input type="checkbox"/> Get a glass of water.
17 <input type="checkbox"/> Close your eyes to rest them for a bit.	18 <input type="checkbox"/> Do some deep-breathing exercises.	19 <input type="checkbox"/> Stand up and stretch or walk for a few minutes.	20 <input type="checkbox"/> Watch a funny video that will make you laugh.