

Easy Ways to **Recharge** *Throughout the Day*

..... Ordinary & Happy

Listen to ocean or rainforest sounds on your phone.

Reflect on what you've achieved this year for a few minutes.

Make a quick list of things you love.

Listen to your favorite podcast or audiobook in the background.

Look at some photos of happy memories on your phone.

Visualize a peaceful place.

Do some quick stretches and power poses.

Put on your favorite feel-good song.

Go outside and take a few deep breaths.

Sit in a quiet place for a few minutes and enjoy the silence.

Have a tea or coffee break.

Go for a quick walk if you have the time.