



5 WAYS TO IMPROVE YOUR DAY

Taking a short break can do wonders for your attitude. Here are 5 easy ones that will lift your mood!



WALK IN THE PARK

Get outside! Even if you work in a city, or a factory, a few breaths of fresh(er) air and some movement will do wonders for your mood - and your health!



Gregor Klar, Pixabay.com

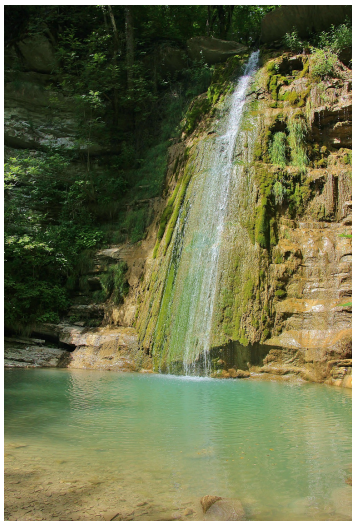
BLOW SOME BUBBLES

Sure, they are silly - that's why they are so much fun!



ENJOY A SMALL TREAT

whatever it is - a few berries, a bit of chocolate, a piece of cheese - slow down and savor it. You'll only need a little!



IMAGINE YOUR FAVORITE VACATION

Whether your dream is the beach, the woods, or the Ritz...picture yourself there. Close your eyes and imagine the details....



SAY A FUNNY WORD

Did you ever notice that some words just make you smile? Like 'farkelberry' - it's a real plant! Try saying that in an angry voice - it doesn't work!