

 **Listen to a song
that makes you feel
calm or joyful.
Let it shift your
energy.**



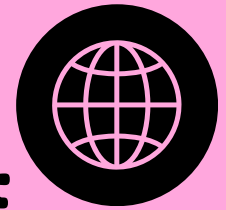
 **Make a warm
drink and sit down
to enjoy it—no
multitasking.
Just you and the
mug.**



 **Write down 1
thing that went well
today.
Big or small—it
counts.**



  **Go for a short
walk, even if it's just
around the block.
Move your body,
clear your head.**



 **Try this: Breathe in for 4, hold for 4, out for 6.**

Repeat 3 times. Feel the reset.

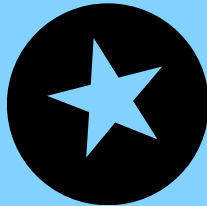


 **Light a candle or switch on soft lighting.**

Create a calming home atmosphere.



 **Read something non-work related.**
Even one page counts.



 **Do something creative for 10 minutes.**

Doodle, bake, sing, knit—whatever feels good.

