

# 5 Five-Minute Breaks to Make Your Day 5 Times Better!

with Mary Okon Coaching

from  
STRESSED OUT  
& BURNTOUT

to  
HAPPY  
& HEALTHY



## Ready for less stressful and more enjoyable days?

Here are five easy ways to press pause, reset, and feel better in just five minutes or less. Try them out and see which one works best for you!

### 1. Breathe, Don't Panic

When stress hits, take 3–5 deep breaths. It's a quick reset that calms your body and clears your mind. You've got this!

### 2. Step Outside for a Minute

Fresh air works wonders for stress. Take a quick walk or just step outside for a breath of fresh air.

### 3. Crank Up the Music

Turn on your favorite song and sing along or dance around a bit! Upbeat music is an instant mood booster.

### 4. Embrace the Quiet

Sometimes, the best reset is simply a few moments of silence. Whether through meditation or just sitting still, giving yourself space to recharge can work wonders.

### 5. Let It Go

Ask yourself, "Will this matter in five days, months or years?" If not, don't let it take up more than five minutes of your time and energy. Better yet, don't even give it five more seconds—your peace is worth way more!