



Quick Tips to Unwind and Recharge

It's important to take some time to unwind. No matter how busy you are, make a point to take a few minutes to recharge each day. In fact, if you take some time to recharge, you may find that you will have more energy to take on the rest of your day!

Here are some tips for recharging during your work day:

1. Close your eyes and take three deep breaths. Breathe slowly in through the nose, and slowly out through the mouth.
2. Close your eyes and slowly count to 10.
3. Go outside for five minutes and enjoy the sunlight.
4. Stand up and stretch.
5. Get up from your desk and take a 5-minute walk.
6. Spend five minutes without any distractions (turn off your phone, music, or T.V., shut down your computer). Enjoy the peace and quiet.
7. Listen to music for at least five minutes.
8. Draw a picture of something that puts a smile on your face.
9. Play a game you enjoy (a crossword, Sudoku, etc.)
10. Write down five things you are thankful for.
11. Read or listen to a spiritual devotion or sing praises for your day.
12. Close your eyes and visualize your ideal place of relaxation (waterfalls, mountains, lots of pillows, the beach).

