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| Are you hydrated?  Sip, swallow, breathe, and repeat | Feeling ineffective?  Make a to-do list and check something off |
| Have you eaten in the last 3 hours?  Eat something healthy | Need to vent?  Write in a journal / blog |
| Think you need more caffeine?  Try juice or cold water instead! | Are your thoughts cluttered?  Clean your workspace |
| Stiff muscles and/or joints?  Stretch: at your desk or somewhere else | Feeling rushed?  Be mindful of actions and slow down |
| Have you moved today?  Go for a walk on your break | Feeling overwhelmed?  Ask for help |
| Tired when the day just started?  Step outside for 5 minutes | Feeling overwhelmed?  Try some breathing exercises |
| Brain fog?  Listen to some music to lift the mood | Need a break?  Take a break |