



### UNDER 5 MINUTES

- 5 minutes deep breathing
- 5 minutes lying down.
- Paint your nails
- Read a magazine
- Sit outside
- Do nothing

### UNDER 15 MINUTES

- Go for a walk
- Have a shower
- Read a book
- Walk the dog
- Meditate
- Stretch

### UNDER 30 MINUTES

- Call a friend
- Read a book
- Do some yoga
- Have a bath
- Meditate
- Have a walk

### AN HOUR OR MORE

- Go to the gym
- Go for a run
- Go for a swim
- Go for a coffee
- Eat some lunch
- Meet some friends
- Have a brisk walk
- Take a nap
- Have a massage