

With meQuilibrium, you can start building healthy habits in just five minutes a day! Here are 25 fast and fun ways to make the most out of even the busiest of work days.

I AM ACTIVE

One 5-minute break for every day of the week.

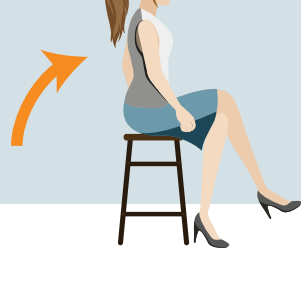
Fun and easy ways to fit more physical activity into even the busiest of work days, courtesy of your friends at meQuilibrium.



1. GO FOR A WALK.

You don't have to go far to make a big impact on your day—or on your mood. If you can get outside for a few minutes, even better!

2. SOAK UP THE SUN! Step outside for a moment or two (or five) and stand in the sunshine. You can boost your mood and your vitamin D levels—multitasking at its finest!



3. DO A POSTURE CHECK.

Instant tension relief! Here's how: Imagine a string connected to the top of your skull, drawing you upward toward the ceiling. Feel yourself getting longer and lighter while your ribcage floats over your pelvis.

4. DESK-ERCISE! No sneakers required. We recommend: ten wall push-ups, ten toe touches, ten squats, and a ten-second wall sit.



5. MAKE THE ROUNDS. Walk around and connect with as many people as you can, even if it's brief and little more than a pat on the back.

I AM HEALTHY

One 5-minute break for every day of the week.

Feed your body and your mind with meQuilibrium's fast and simple ways to practice mindful eating habits.



1. CHOOSE A SNACK that is rich in flavor and full of nutrients—a sliced apple with some peanut butter, for example, or a small cup of soup.

2. HYDRATE! Dehydration can really slow you down. Replenish your inner resources with 8 oz right now, and throughout the day.



3. IT'S A TEA PARTY! Busy day? Brew a cup of tea and enjoy. Never underestimate the calming ritual of even a simple tea ritual. Try a aromatic flavor, such as lavender, chamomile, or peppermint.

4. HAVE A SMOOTHIE FOR BREAKFAST! Front-load your day with healthy fruits and veggies for energy-boosting nutrients with lower calorie counts. There are endless combinations for delicious possibilities!

5. SAVOR A SNACK. Find joy in the smallest moments. Take a few deep breaths before diving in. As you eat, pay attention to the appearance, textures, and flavors of your food.



I AM RELAXED

One 5-minute break for every day of the week.

Take a micro-vacation without leaving your desk with meQuilibrium's effortless ways to kick back and relax.



1. TICKLE YOUR FUNNY BONE. Watch that Youtube video your friends keep mentioning, a clip of a favorite sitcom, or a few minutes of a comedian's stand-up routine.

2. GET LOST IN THE MUSIC. Listen to five minutes of the most beautiful music you have at hand—the tunes that make you feel calm and positive about the world.



3. MAKE A VIRTUAL CONNECTION. Read that article you saw two weeks ago on Facebook and keep meaning to check out, or share some photos with your friends online.



4. CHANNEL YOUR INNER BOOKWORM. Dip a few pages into a new novel or spend a few moments poring over your favorite magazine.

5. WATCH AN INSPIRATIONAL TED TALK (OR PART OF ONE). TED talks are short, powerful talks about a wide range of topics, from body language to the history of the world and everything in between. Use your free time to learn something new!



I AM CONNECTED

One 5-minute break for every day of the week.

Friends and family can be great sources of support and joy. Read below for quick and simple ways to tap into your social resources.



1. SEND A VIDEO MESSAGE. Technology doesn't have to be impersonal. Record a 30-second video with a message for a friend or family member. Trust us, it'll make their day!

2. PHONE A FRIEND. Surprise a friend with an actual unscheduled phone call. No answer? Leave a fun message.



3. SPREAD THE JOY. Make it a point to genuinely compliment more than one person a day.



4. CALL A LOVED ONE. You know they want to hear from you, and you'll feel great knowing you've just done a very loving thing.



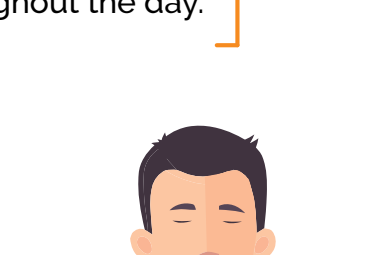
5. CHECK IN ON A FRIEND who's going through a rough time. Even if it's just a text that say you're thinking of her, the smallest gestures can have the biggest impact.

I AM RESILIENT

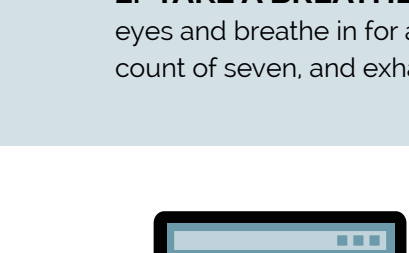
One 5-minute break for every day of the week.

Resiliency is the ability to bounce back after something bad—from the minor to the catastrophic—happens. There are many ways to practice resiliency throughout the day.

1. MAKE A BREAK FOR IT. Take a tech-free break, even if you only have a few seconds. Lift your eyes off your screen(s) and check out the scene around you. Just changing your field of vision gives your brain a chance to recharge.



2. TAKE A BREATH. Find a quiet corner and close your eyes and breathe in for a count of four. Hold your breath for a count of seven, and exhale completely to a count of eight.



3. START WITH A CLEAN SLATE—LITERALLY. Clear the clutter out of your purse or sift through that drawer that's been overflowing for months. Only keep what you need. When you're done, stand back and admire a job well done!

4. ZAP A NEGATIVE THOUGHT BEFORE IT TAKES OVER YOUR DAY. Focus on that thought that's been rattling around your head all day and break it down. What is actually bothering you? What emotion is fueling this thought? Understanding your negative thoughts is the first step toward eliminating them!

5. START A GRATITUDE JOURNAL. A place to record the things that you are grateful for. When you have a free minute, write down three good things in your life. It can be as small as a wearing your favorite sweater or knowing you'll be able to take your dog for a long walk that evening. Revisit your lists in moments you need reminding of all the good in your life.

