

## 21 Quick Ways to Promote Well-Being

1. Close your eyes and gradually relax your hands, arms, shoulders & neck
2. Focus on your breath for 1 minute, noticing it flowing in & out
3. Make a list of 3 things for which you are grateful
4. Write down 1 goal that could enhance your life
5. Smile and make eye contact with another person
6. Notice a negative thought and reframe it
7. Write in your journal for 3 minutes
8. Step outside and notice nature for 5 minutes
9. Take a brief walk
10. Find an opportunity to say “thank you”
11. Spend 10 minutes getting rid of clutter
12. Contact an old friend
13. Learn 1 word in a foreign language
14. Say no to sugary drinks
15. Do 1 kind thing
16. List 5 leadership characteristics that you admire in others
17. Talk (in your head) to a loved one who has passed away
18. Pray
19. Remember something funny
20. Cuddle your pet
21. Hug someone