Things to do in 10-15 minutes

Many of us know we should take breaks throughout the day, but we often don't. We may find it difficult because of work or caring for others. Even 10-15 minutes is enough to reduce stress. Let's commit to taking 10-15 minutes today to do something for ourselves. Here are some ideas to get started.

- ► Get outside. Take a nature walk or city hike. Remember to wear a mask and stay 6 feet from others.

- ► Take a dance break!

- ► Write three things you are grateful for today.

- ► Giving back to others can help you too. Take a look at volunteer opportunities that interest you through a site such as VolunteerMatch.

- ► Take a break from the news today… watch or listen to something fun.

- ► Wash your face or rinse your hands in cool water to reduce tension and calm nerves.

- ► Check in with a friend, family member or neighbor. Talk by phone, video chat or visit in person while maintaining proper distance and wearing masks.

- ► Close your eyes, take deep breaths, stretch or meditate.

- ► Laugh! Think of someone who makes you laugh or the last time you laughed so hard you cried.

- ► Channel your energy into a quick cleaning of your home.

- Exercise. Lift weights. Do push-ups or sit-ups. Kick around a soccer ball.

- Make and enjoy a cup of tea and relax in a comfortable place.

- Consider a new hobby, such as playing a musical instrument, gardening, trying a new recipe, working on a crossword puzzle or knitting.

- Connect with your faith through prayer or reach out to a member of your faith community.

- If you've been feeling overwhelmed with stress, anxiety, sadness or depressed mood, use this time to make an appointment with a counselor.

- Check in with yourself—take time to ask yourself how you are feeling.

- Curl up with a book or magazine in a comfortable place.

- Practice relaxation exercises or yoga.

- Find an inspiring song or quote and write it down (or screenshot it) so you have it nearby.

- Check out all the resources at howrightnow.org.