

5 quick + easy things you can do to boost your wellbeing today!

1. **Pause and breathe.** Stop what you're doing, and exhale fully through your mouth. Then breathe in fully through your nose. Repeat three times.
2. **Practice gratitude.** What's one thing you can think of right now that you're grateful for? Take a few moments to appreciate it.
3. **Get up and go to bed at the same time each day.** It's one of the simplest things you can do to improve your sleep.
4. **Shift your state with music.** When you're feeling flat, down, or unmotivated, crank up an uplifting song (sing along and dance around too for an even bigger energy shift).
5. **Do a random act of kindness today.** It can be as simple as sending a text to someone telling them how much you appreciate them. Being kind and compassionate benefits not only the receiver, but also the giver.



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