Before going to bed, write down 3 things you appreciated about today.

Take a 10-minute break from work, setting devices aside to feel present in your space.

Count how many times you get distracted from your work today, without being critical about it.

Every time your phone pings, pause and follow a breath, in and out, before checking it.

Brush your teeth with your non-dominant hand and notice how different it feels.

Declutter your workspace to help your mind feel clearer and calmer.

Take a 10-minute break from work, setting devices aside to feel present in your space.

Notice how it feels to change your posture today, from sitting to sitting and vice versa.

Check in with a coworker today to see how they’re doing, and listen to them without judgment.

Commit to 2 hours of no screen time before bed using a Sleep exercise is OK.

Get outside for some fresh air, even if just for a moment. Leave your phone behind.

Mindfully drink a cup of tea or coffee, free from distractions. Just focus on the taste and smell.

Move email and social media apps to the second page of your phone.

Notice how it feels to change your posture today, from standing to sitting and vice versa.

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