The next time you have five minutes, try one of the tips below to lift your day from good to great.

1. **Write down three great things that happened today**
   These don’t have to be out of the ordinary. Practicing gratitude can put you in a positive frame of mind.

2. **Change up the scenery**
   Intentionally get up, move, stretch or go anywhere different. Altering your physical perspective can alter your mental one too.

3. **Clear your desk (or clean something)**
   It’s a rewarding practice to end the day, and can start the next day off on a good note.

4. **Savor something good**
   Take five minutes and focus on something that brought you joy.

5. **Write a thank you note**
   Not only does remembering something nice make you feel good, the receiver will feel good too.

6. **Laugh**
   It creates positive energy that is easily shared.

7. **Make a list**
   Prioritizing your to-dos can give you an ongoing sense of accomplishment as you cross things off the list.

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Adapted with permission from 5-Minute Mood Booster from meQuilibrium.com
Find more health and well-being information at wespath.org/center-for-health/resources/articles

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