



Soak up a few minutes of **sunlight** — light stimulates brain chemicals that can improve your mood.



HEALTHY TOP TEN

2 **Listen** to some peppy music on your headphones.

4 **Stretch.** Reach your arms toward the ceiling, and stretch gently through your sides.

Energize with **exercise.** Take a brisk 10-minute walk, walk during your lunch hour or take the stairs.

3

Perk Up! Boost Your Energy

5 **Brush** your teeth, comb your hair or splash cold water on your face.

6 **Munch** on some cold, raw vegetables or a crisp apple.



7 **Smile.** Call a friend, read a favorite cartoon, or simply look out the window at nature.

8 **Smell** some essential oil or lotion that is scented with citrus, rosemary or mint.

Up your **oxygen.** Take 10-15 deep, slow, cleansing breaths.

9



10 Have a **glass** of cold 100% fruit juice or ice water.