

A young woman with long dark hair is smiling broadly, showing her teeth. She is wearing a light blue and white vertically striped button-down shirt. She has a brown leather shoulder bag slung over her right shoulder and is holding a pink tumbler cup with a straw in her left hand. The background is a blurred city street with a green traffic light visible on the left.

# 50 SELF-CARE ACTS UNDER 5 MINUTES

QUICKLY IMPROVE YOUR  
HEALTH & HAPPINESS

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# *Fubilance*

## **1. Take an intentional deep breath**

3 seconds in, 3 seconds out to bring about calm

## **2. Stretch**

Reach for the ceiling and the floor to find balance

## **3. Browse for a new book or album**

Engage your mind and heart with new entertainment

## **4. Massage your hands & shoulders**

Recirculation and relaxation will improve your mood

## **5. Call/Video call a loved one**

Even a short hello will provide lasting happiness

## **6. Liquid & citrus**

Stimulate your senses with lemon water or a iced juice

## **7. Enjoy an old photo album**

Create a favorites list to make you smile

## **8. Read inspirational quotes**

Short pops of motivation will reframe your thoughts

## **9. Get some sun**

A vitamin D session will warm your energy levels

## **10. Clean out your purse or wallet**

Feel lighter instantly

# Bliss

## 11. Write down 3 easy goals

Build momentum with little steps

## 12. Speed clean your desk

Be more productive after a quick polish

## 13. Vacuum a room

Something about those lines in the carpet \*sigh\*

## 14. Create a new Pinterest board

Visualize a new room or goal to re-energize

## 15. Play a favorite song

Sing and dance your way to immediate happiness

## 16. Write yourself an encouraging note

Celebrate & appreciate yourself

## 17. Send someone an encouraging note

Show support for someone who makes your life better

## 18. Meditate/Pray

5 minutes of focus

## 19. Check in with yourself

Pay attention to how you're truly feeling, unfiltered

## 20. Shut off your screens

No electronic distractions will lift your energy levels



# Joy

## **21. Get some fresh air**

Open a window or get outside and breathe it in

## **22. Splash cool water on your face**

Feel cleaner, refreshed, and ready

## **23. Straighten your posture**

Back long, shoulders back to reset your frame

## **24. Put on a comfortable outfit**

The comfort of your skin will resonate throughout your body

## **25. Engage aromatherapy**

Some relaxing or energetic scents will make sense

## **26. Brush your teeth/use mouthwash**

Leverage freshness for health & wellness

## **27. Read an affirmation**

Keep a list of things you like about yourself & review

## **28. Stretch your arms up & out**

Taking up space will increase your confidence

## **29. Unload your thoughts**

Journal around lunchtime to relieve the weight on your mind

## **30. Purge your desk/workspace**

No one needs that many pens

# *Balance*

## **31. Make a gratitude list**

5-10 things that you're grateful for to reset your expectations

## **32. Smile for no reason**

Intentional joy will set your intention for the day

## **33. Do nothing**

Seriously, you do so much, do nothing for 5 minutes

## **34. Color or doodle**

Engage your creative side through art

## **35. Send a hand written note**

Do the unexpected for shared joy

## **36. Make a hot tea, water, or coffee**

The soothing nature of the warmth will bring calm

## **37. Buy a digital coffee**

Get a gift card or Venmo \$5 to a friend or colleague

## **38. Find a new podcast**

Engage new thoughts & perspectives

## **39. Tennis ball rolling**

On the balls of your feet, back, or shoulders is heaven

## **40. Light a candle**

Brighten your room & mood



# *Focus*

## **41.5 minute yoga or stretch**

Peloton or YouTube are great options

## **42. Put yourself in timeout**

Shut the doors, turn off distractions, & reconnect with yourself

## **43. Lay flat on the ground**

Savasana will save your sanity

## **44. Drink a full glass of water**

Rehydrate, replenish, & refocus

## **45. Savor a snack**

Have a bite or two of your favorite treat

## **46. Add flowers**

Brighten the scenery with some blooms

## **47. Delegate 2 tasks**

Stop taking on so much yourself

## **48. Engage a positive social account**

Follow someone uplifting & check-in

## **49. Have a mock/cocktail**

Treat yourself

## **50. Plan a fun trip or goal**

Give yourself something fun to look forward to

# PLEASE SHARE THIS DOCUMENT TO SPREAD POSITIVITY & BALANCE WITH OTHERS

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