

5-minute well-being tips

These stress reduction practices have been shown to improve well-being, especially when done regularly. Choose one (or more) to make into a new habit at work or at home.

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Switch off at the end of the day

Do you find it hard to switch from “work mode” to “home mode” at the end of the day? If you’re working from home, this can be especially challenging.

New end-of-day routines may help:

- Take a walk around the block.
- Clean up your workspace.
- Update your to-do list for tomorrow.

Or do something you enjoy, even for just 5 to 15 minutes: listen to music, exercise, read or call a friend. Make it a habit to help you unwind as you get ready to have dinner, spend time with family, or relax for the evening.

Read more: [Here’s why everyone should have a work shutdown ritual](#)

Take breaks throughout the day

Taking breaks from work throughout the day is important for your well-being. But it can be easy to lose track of time. Set reminders on your calendar or phone to make sure you're not working through those breaks.

During breaks, fully disconnect from work:

- Step outside to get some fresh air.
- Take a walk around the block.
- Put on headphones and close your eyes.

Write down 3 good things

We tend to recall negative things more than positive. To reset your perspective, take a minute to [write down 3 good things](#) that happen each day.

These can be small things:

- Your kid / pet / friend made you laugh.
- It was a sunny day (in Oregon, that's a win).
- The fact that coffee exists. And chocolate.

Or accomplishments: You finished a project at work or at home. Or did the laundry. Or things people did for you: Like said thank you when you didn't expect it.

To maximize the positive impact, write down 3 good things before bed, every night for 2 weeks. Or just try it for a few days and see what you think. Involve others; if you have kids, go around at dinner and have everyone say one good thing that happened today.

Take a breather

When things get stressful, take a minute to stop and breathe.

- **Close your eyes.** Or just focus your eyes on one thing.
- **Take slow, deep breaths.** In through your nose and out through your mouth.
- **Count from 1-5 for each breath** to focus your mind on something other than what's making you stressed.

Doing this for even a few minutes can calm our racing brains. Done regularly, it can have [lasting positive effects](#) like improved focus and reduced stress.

Be mindful

Take “slow down and breathe” one step further by doing mindfulness or meditation exercises. These exercises have been used by [athletes](#), [kids](#) and [soldiers](#) to reduce stress, anxiety and depression, and increase focus and happiness.

There are widely available free videos that talk you through exercises. Here’s a few:

- [1-minute](#) breathing exercise
- [4-minutes](#) to improve focus
- 10-minutes to [reduce stress](#) or [frustration](#)

Or if you have young kids, try a [3-minute exercise](#) led by Cookie Monster.

You can also download apps like [Headspace](#), [Calm](#) or [Insight Timer](#) (each offers multiple language options). Or [Liberate](#), a mediation app made for and by the Black community. Some health care providers, including [Kaiser](#), offer meditation app memberships for free.

Say thanks

Taking an extra minute to thank a coworker, friend or family member can improve your wellbeing as well as theirs.

Include why you're grateful to increase the impact. Are they busy but took time to get you something you needed? Did they go above and beyond what you expected?

An unexpected thank you can be especially appreciated. Try to notice things people do regularly for you.

Learn more: This [two-minute video](#) highlights research showing that an “attitude of gratitude” can measurably improve your overall well-being.