



# 10 QUICK PICK ME UPS!

## (FOR WHEN YOU'RE EXHAUSTED)

1. Drink a glass of water
2. Go for a ten-minute walk
3. Pause. Take a deep breath. Stretch.
4. Lie on the floor in Savasana
5. Assume a 'power pose'. Hands on hips, back straight, shoulders back!
6. Listen to an upbeat song.
7. Eat some (dark) chocolate.
8. Get some sunlight (open the curtains)
9. Burn some lemon essential oil.
10. Drink a cup of tea.