



## ***Kellogg's® Cinnaminutes***

1. Smell something refreshing like lavender.
2. Reflect on an enjoyable family memory.
3. Sing aloud to your favorite song while driving home from work.
4. Indulge in a *Kellogg's® Cinnabon® Snack Bar*.
5. At least twice a week, serve yourself your morning tea or coffee in a pretty cup. You may find that you enjoy this indulgence so much that you make it a regular habit.
6. Look up at the sky and find images in the clouds.
7. Get up at dawn and watch the sunrise.
8. Post a quote that inspires you on your computer or mirror, where you'll see it every day.
9. Get up from what you're doing and walk around the room, office or house for one minute before returning to your task.
10. "Meow" with a cat; "bark" with a dog; "chirp" with a bird!
11. Take a book when you pick up your kids from sports practice and read while you wait – even if it's only one page at a time.
12. Play with children's toys and crafts: clay, finger-paint, crayons.
13. Make a joy list.
14. Write yourself a love note and tuck it in a page of a book you're reading, a jacket pocket or in one of your research files.
15. Light a sparkler and carve your name in the air.

16. Bring nature inside. Put a hummingbird feeder outside your window. Arrange dried rose petals in a glass bowl. Put flowers in a vase.
17. Have a picnic on your lunch hour.
18. Run through a sprinkler.
19. Say "no" more often.
20. Reflect on your positive qualities: "I am..."
21. Do stretching exercises.
22. Draw pictures on the sidewalk with colored chalk.
23. Skip down the aisle at the grocery store.
24. Find at least five things to laugh about every day.
25. Curl up in a blanket and watch it rain.
26. In your imagination, go to a place for a minute that is soothing to you.
27. Play your favorite music and dance to it by yourself.
28. Talk with your best friend.
29. Learn to say, "Oh, well," when things don't go as you planned.
30. Send your kids or significant other a love note. Tuck it into their bag.
31. Take a minute and think about 100 years from now; what will be remembered?
32. While taking your morning shower, close your eyes and feel the warm water on your body and imagine yourself achieving your goals.
33. Skip, jump rope or throw a flying disc.
34. Sit quietly for 10 minutes and pray or meditate.
35. Smile when you're stressed; it reacts chemically in your body.
36. At least once a week, waste time without feeling guilty.