I Claim in Less Than 5 Minutes (and sometimes more)

Dance wildly to loud music
  Put my desk facing a window with a birdfeeder and watch the birds
  Post “BREATHE” next to the clock so I do it whenever I check the time
Stop what I’m doing and just watch the kids in my class being kids
  Getting outside for a walk at lunch
  Drink my morning coffee in my garden
Have a “buddy” teacher who can take a kid when they need a break from my classroom.
  Give myself a “STANDING OVATION” when I choose to eat a healthy snack
  Take a break in “Hawaii”, our calming corner
Every time I use a q-tip, remember to “QUIT TAKING IT PERSONALLY”
  Set my phone to vibrate once an hour to remind me to drink water
  Incorporate bright colors into my environment and work tools
Display a favorite photo of myself at the age of 2 to remind me to have compassion for that child who is now “grown-up”
  Get out my “humor file” and read some of my collected cartoons
  Give a simple gift as a secret surprise to someone
Juggle, dance, do yoga, stand, move, use an exercise ball as a chair
  Do the NYT Daily Mini Crossword Puzzle
  Play/pet/snuggle with my dogs
Treat a vice with humor aka “Neat people never make the exciting kinds of discoveries that I do!”
  Visualizing myself skiing down a favorite ski trail
  Begin a difficult task by only doing it for 5 minutes, then cheer
Always wear comfortable shoes
  Send a handwritten note of appreciation to someone
  Keep a gratitude list in your calendar
Collect ad campaigns, comics, cartoons, creative ideas, favorite photos... (see back)
Empathy is the best medicine.

Nobody ever looked back and wished they'd spent more time at work.

Your request for a return to childhood has been approved.