

10 THINGS YOU COULD BE DOING INSTEAD OF BEING ON FACEBOOK

1. Take a full, deep breath, stretch your back and grab yourself a drink of water or a cup of tea.
2. Message or call a friend to tell them how awesome they are, or that you hope they have a great day.
3. Read a chapter of your current book, or look up an article on a topic you're currently interested in.
4. Pick up your fur-kid (or real kids) and show them some love! Release those happy feels!
5. Take time for self care. Wash your face, light a candle or give yourself a foot massage! You'd be surprised how much stress you hold in your feet!
6. Learn a quick skill! Watch a 5min video or read a quick tutorial. It's amazing what you can learn in a few minutes.
7. Go outside. Go for a walk around the block, or stand outside for a few minutes and take in everything around you.
8. Think of 3 positive things that have happened to you today or that you're grateful for.
9. Tidy your desk. Take 5 minutes to clear any clutter and neaten the items you need to keep on your desk, then bask in the added mental space as a result.
10. Put your phone away for a while - in another room, in a drawer or hand it to a colleague to hold onto for a while.

**A BETTER WAY TO USE MY TIME THAN MINDLESS
SCROLLING IS...**

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- 10.