

Take

TAKE 5 Ideas for Individuals

- Post TAKE 5 reminders in your car, office, or home to help promote the practice. Use the TAKE 5 postcard available on the web.
- Take time (5 seconds, 5 minutes) to completely relax, using your breathing, soft music, rustle of leaves to pace your breath.
- TAKE 5 minutes in the morning, afternoon, and evening to be present.
- Be assured that applying the TAKE 5 attitude to ourselves FIRST is essential.
- Try a daily to TAKE 5 while outside, whether walking, gardening or simply sitting.
- Establish a daily self-care routine, incorporating a TAKE 5 concept that really speaks to you
- List 5 things you are grateful for every morning when you wake up and every night before you go to bed.
- Commit to do 5 things you enjoy in the next month.
- PRACTICE, PRACTICE, PRACTICE the intentional act of TAKING 5.
- Make and maintain connections with others who are familiar with the TAKE 5 philosophy to encourage your commitment to mental fitness and well as to help you to know you are NOT alone!
- Consider everyday “triggers” to TAKE 5. The sound of a siren, a whistle/bell at work/school or a church bell ringing can trigger you to think on things that are good, honest, and pure. It can trigger you to bless others, to take a deep breath and pause or to think of someone you’re grateful for.
- Set an “alert” on your cell phone to trigger a TAKE 5.
- Pause from time to time and ask yourself if you are “present” or is your mind somewhere else. Take the time to get refocused on who you are with.
- Drink 5 glasses of water each day.
- Take time to stretch...5 different positions.
- Send a friend or family member a TAKE 5 text!

How will you use TAKE 5?