**SHARE YOUR SMILE:** Say cheese! Refresh yourself and others by sharing your smile today. Really, take a moment and smile to as many people as you can today. Cliché and corny? Maybe, however, it turns out that smiling not only helps relieve stress and improve relationships with others, it can do other things such as boost our immune system! Want to learn more? Read about [smile therapy](#).

**TAKE A LAUGHTER BREAK:** LOL w/ a coworker today. Exchange funny stories. Lighten both of your days. Creating opportunities for laughter can be an easy and useful strategy for managing stress. Practiced over time, humor and laughter can enhance emotional resilience and overall well-being. To view an interesting example of combining laughter with other stress management strategies, see this [video](#) about laughter yoga with Dr. Madan Kataria. You can schedule a Laughter Yoga break for your team and have some fun!

**MAKE FACE-TO-FACE CONTACT INSTEAD OF AN EMAIL:** Emailing often provides a quick and more convenient way to communicate. But, it’s just as easy to get lost in translation. Take some time today to engage with others in person, if possible. If you’re faced with the option of communicating via email or in person, think to yourself: Is this a complicated project that requires clarity and time-sensitive feedback? Will speaking in person decrease the chances of conflict arising? Does this subject matter require a face-to-face conversation to comprehend verbal and non-verbal cues? Will I enhance working relationships if I make more of an effort to engage others with a smile and invitation for conversation? Learn more about the [benefits of speaking in person versus emailing](#).

**EMBRACE DIVERSITY:**
Explore the richness of cultural traditions and differences by initiating a conversation to learn more about the ethnic practices of a friend, colleague or neighbor. Or participate in another activity that broadens your understanding of other cultures:

- Participate in various Healthy Habits found in the Healthy Emory Connect “Drive” pillar, “Embrace Diversity” (ensure you are first logged in to HEC to access link).
- Shop in a new area where there are culturally diverse stores.
- Visit a museum.
- Eat at a restaurant with an ethnic flavor you haven’t tried before and discuss various cuisines.
- Learn about many diverse [holiday traditions](#) observed around the world.
- Read this Psychology Today article, [A Million Ways to Say Hello: How to harness cross-cultural differences for personal growth](#).
**SUPPORT OTHERS:** Supporting others brings mutual benefits because we usually feel good after we have helped someone. Choose one or more of these kind gestures: On your commute to and from work, allow another driver to merge or turn in front of you, help start the day off by brewing a fresh pot of coffee in the office, hold the door open for a person coming in behind you, make a specific offer to assist a co-worker who is juggling many tasks and would appreciate the help, while shopping or running errands, invite someone to stand ahead of you in line, or share a positive quote or one of your favorite RFS activities with someone to spread inspiration. Learn more about “paying it forward” by reading, *The Benefits of Giving*.

**INVITE A COLLEAGUE TO LUNCH/COFFEE:** Take a few minutes today to grab coffee with a coworker, or even better, go grab lunch! Research suggests that eating lunch or going for a cup coffee together is good for your well-being. Stepping away from your work to spend time with a coworker can boost your performance and overall productivity. Ask a question about something you don’t know about them. If you want to learn strategies for more confident and effective communication, visit: *Help Guide - Communication*.

**RECONNECT WITH AN OLD FRIEND:** Ah, memories...Phone a friend, write a letter, make a visit! Reconnect by calling, emailing, writing or visiting a friend or family member you haven’t talked to in a while. Meaningful social connection is a basic emotional need that can be overlooked in the busyness of work and family obligations. Maintaining healthy connections in which there is shared history and reciprocal support is important for a sense of stability and for minimizing experiences of loneliness. If you wish, write about your experience of reconnecting in a journal.

**ENJOY A FUN ACTIVITY WITH FAMILY/PET/FRIEND:** Plan an activity that is realistic for the time you have available. If you wish, write or verbally share how the experience impacted your level of stress. Play is a fundamental and healthy part of life. Whether a child, teen or adult, it has enormous value. By its nature, play involves being in the moment, spontaneity and suspending worry about ordinary or extraordinary stress. Learn about the *Benefits of Play for Adults*. 