



5-MINUTE MICRO ACTIONS

Flip Your Happiness Switch

Giving doesn't have to take a lot of time. Research shows that doing something for others can increase our own happiness and well-being.

Pick one.
Give five minutes.
See how you feel.

01

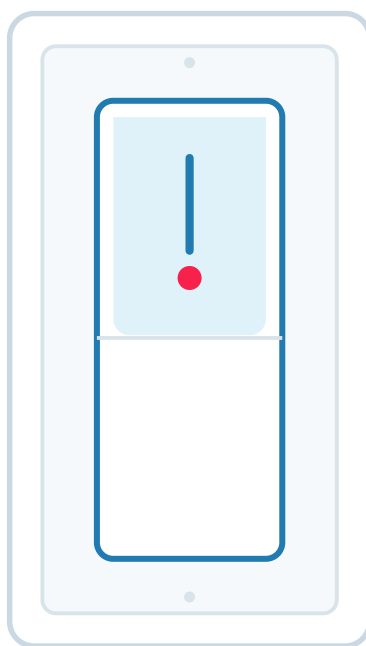
Give to Yourself

- Step outside and take 10 deep breaths.
- Put on one song you love and dance.
- Choose a healthy snack break.
- Write down 3 things you're grateful for.
- List 5 things right now that amaze you about being alive.

03

Give to an Animal

- Put fresh water outside for wildlife.
- Give your pet 5 minutes of undivided attention.
- Pick up litter that could harm an animal.
- Share a social post about a shelter animal that needs a home.
- Sign a petition to help stop animal cruelty.



ON

Five minutes is enough

Choose a direction. Do one small thing.

02

Give to a Person

- Send a "thinking of you" text.
- Give someone a genuine compliment.
- Send a thank-you message.
- Buy the next person in line a coffee.
- Leave a positive review for a local business.

04

Give to the Planet

- Pick up 5 pieces of litter.
- Unplug 5 things you're not using.
- Skip the disposable cup or bottle.
- Take a 5-minute shower.
- Find one thing to reuse instead of throwing it away.

5 minutes. One small action. Happiness switch on!