

5 THINGS

you can do right now as part of your wellness routine.



1. **Get a Massage** - Treat your body to a relaxing or therapeutic massage. Invite your spouse or a friend to join you at the spa.
2. **Read a New Author** - Peruse *The New York Times* Book Review and find some authors you've never read.
3. **Skip Dessert All Week** - Muster your willpower and ignore your sweet tooth until Sunday — then savor every bite of a special dessert.
4. **Watch a Documentary** - Scan your movie provider and choose an interesting documentary. You might learn something new!
5. **Write a Sweet Note** - Write a short, kind note and leave it for a loved one to find. You'll probably "make their day."