

# Turn It Around Cards



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Ideas for when  
you need to  
take a break,



change your  
mood—or  
simply survive  
the day.



# Savor a cup of coffee or tea



Whether your choice is Italian roast, oolong or organic chamomile, prepare a warm brew to sip in a quiet corner. A few serene moments may be just what you need to push “reset” on a chaotic day.

# Do 10 jumping jacks



Bust out this calisthenics move to raise your heart rate, discharge some stress, and feel more light on your feet. Even better, get a few folks to join in! You'll be surprised how hard it is not to laugh, which will instantly make you all feel better.

# Practice box breathing

Ever watch a child sleeping and feel envious of those deep, slow breaths? You may not have time for a snooze, but you can still achieve a state of calm with this technique.



Breathe in for  
four counts.

Hold for  
four counts.



Exhale for  
four counts.

Hold for  
four counts.



# 4x

Repeat four times.

# Eat the frog



Mark Twain once said, "If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first." Translation? Tackle the ugliest task on your to-do list, and your day will instantly improve.

*(No frogs were harmed in the making of this card.)*

# Tell (or request) a joke



Doesn't matter if it's corny—in fact, dad jokes are having a moment right now! Chances are one joke will lead to another, and soon enough the silliness will chase away the busy-day blues.

*Q: Where do sick horses go?*

*A: The horsepital!*

# Listen to your favorite music



Music can literally change your state of mind by increasing alpha waves in the brain.<sup>1</sup> If you feel like you're on the last of your nerves, fire up your favorite playlist. Listen in private or play over the break room speakers to share your sanity break with others.

<sup>1</sup>A. De la Torre-Luque, C. Díaz-Piedra, G. Buela-Casal, "Effects of Preferred Relaxing Music After Acute Stress Exposure: A Randomized Controlled Trial," *Psychology of Music* 45, no. 6 (2017): 1-19.



# Eat some chocolate



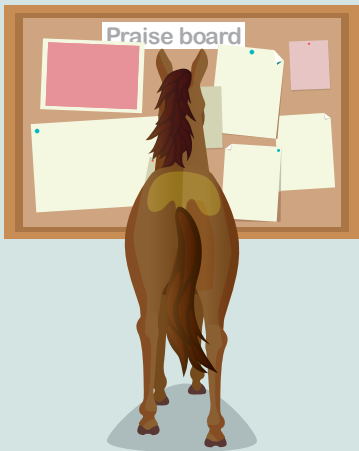
There's a reason we crave sweets when we're stressed—sugar boosts feel-good chemicals in the brain. Bonus: chocolate boasts additional mood-elevating properties that can soothe a rattled nervous system. So go ahead and treat your mind to a tasty bite.

# Take a lap around the building



When you're feeling the pressure, take a quick walk outside. The quick burst of physical activity discharges stress hormones, and seeing a peek of nature—sky, sun, grass, shrubbery—can help us regain a sense of perspective.

# Read through uplifting notes from clients



Open that drawer full of thank-you notes or stop by the bulletin board of gratitude. Then take a few minutes to read through these reminders that what you do makes a difference to horses and the people who love them.

# Call a friend or loved one



Sometimes just hearing the voice (or whinny) of someone who loves us is all it takes to reverse a downward emotional spiral. Plus, talking about our problems gets them out in the open, where they seem less foreboding and more manageable.