# Five healthy ways to unwind after a tough day at work

Sometimes being a manager makes for a tough day — or week — at work. Maybe you had to make a decision or enforce a policy that wasn't popular with your team. Or maybe the budget needs cutting and you want to make sure everyone's job stays safe.

See if something from this list can act as a pick-you-up:

1. **Call a friend.** You may be able to get in a little venting, but be sure to listen, too. Use the time to catch up on what's new in his or her life. You'll likely feel better if you take some time to focus on someone else. It can make the world seem a bit bigger.

2. **Enjoy a hobby.** Having a rich life outside work helps you keep your balance. What do you love to do? How much time do you spend doing it? If the answer is "not enough," see if you can increase it a little at a time, especially if work stress is sapping your energy. That's often when you most need a healthy escape.

3. **Listen to your favorite music.** It doesn't matter if that means singing along on the freeway or using headphones at home if those around you prefer quiet. Music can boost your mood and take your mind off everything.

4. **Read a good book.** Reading opens the door to new ideas. And it gets you out of your own head. Yes, audio books count!

5. **Exercise.** Burning calories can help release bottled-up stress. Bonus points if you work out with a friend or family member.

While these are tips for de-stressing after a hard day, they're also great ways to spend time on a good day. Making them habits can help you be a happier and more resilient person.

Finding healthy ways to unwind gives you a go-to plan when times get tough. It can help make your best days better, too.

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