

5 Minutes of "Me-Time"?

Try one of These:

1. Pick your nose. Thoughtfully explore those cavities and relieve them of all superfluous contents. You'll feel light and happy for the rest of the day.
2. Have a cookie-eating contest with yourself. Dig out the Thin Mints you buried deep in the back of your freezer, take a stack of them and shove them in your face.
3. Take a nap. Just kidding, dum-dum.
4. Write an extensive pros/cons list about getting chickens and a goat for your back yard.
5. Crank call your husband at work.
6. Pile on TONS of eyeliner and mascara and lipstick just for kicks.
7. Highlight every "the" you find in the book your husband is reading and then tuck it back under his pillow.
8. Brush up on your moonwalking.
9. Write a quick letter to your grandma. When you remember that she died last year, send it anyway.
10. Give yourself a loud pep talk in the bathroom mirror while scream-crying.