



AN INTERNAL MEMO FROM THE NATIONAL SPARKS DEPARTMENT, OFFICE OF HUMANS' RESOURCES

Bring The Outside Into Your Office

When the vibe of the office is less than zen - but it would bum your boss out to take a break - here are 13 easy ways to bring outside-peace-of-mind to your workplace-grind.

- Make your desktop an image of some mountains and stare at it.
- Smell the pencils and think about the forest they came from.
- Tell a coworker a scary story.
- Sunday night, break into your office. Set up a tent and spend the night. You will get the experience of camping and your boss will think you're a go-getter. It's a win-win.
- Put your hands next to a fluorescent bulb. Close your eyes. Now imagine a campfire.
- "Fish" in the water-cooler.
- Spelunk down the emergency stairwell.
- For lunch, eat beans.
- Break out an acoustic guitar and get a sing-a-long going.
- Collect bugs.
- Make a hammock between two cubicles.
- Desk Plants: If you're an amateur, put a potted plant on your desk. If you're feeling pro, pour the soil out onto the floor and place your bare feet on it.
- Pee somewhere fun.

