

Micro-Adventures Tip Sheet

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Micro-Adventures are short, simple, local, and inexpensive perspective-shifting bursts of activity closer to home that can still be fun, exciting, refreshing, and rewarding but most importantly, fit in the life you are already living. Micro adventures serve as brain breaks that challenge routines, fosters creativity, and strengthens connections closer to home. These intentional small shifts spark novelty and novelty boosts dopamine (the brains reward chemical). Even a few minutes can reset mood and help alleviate stress.

MICRO-ADVENTURES YOU CAN TRY AT WORK THIS WEEK:

- **DO YOU LIKE GETTING COFFEE BEFORE WORK?** Go to a new coffeeshop or café along the way!
- **AT WORK DURING A LUNCH BREAK?** If you currently spend it on your phone, try instead taking a walk and exploring a new or less travelled area of your workplace. Go on a “collection quest” while on your walk. Pick a shade of color or object you can mentally hunt for. You’ll notice details you’ve walked past a hundred times!
- **HAVE A ROUTE OR TRAIL YOU ALREADY ENJOY DURING A LUNCH HOUR?** Google Lens is a fun way to learn even more about plant and wildlife details.

MICRO-ADVENTURES YOU CAN TRY AT HOME:

- **HAVE DINNER PAIRED WITH A MOVIE.** Put on Toy Story and have Pizza Planet pizza and Rex Dino nugs. Or Lady and the Tramp and spaghetti and meatballs. Or Lord of the Rings and second breakfast! Alternatively, pair dinner with a vacation you had and want to reminiscence on (For me, it would be recreating the seafood boil and beignets I had at New Orleans)!
- **REORGANIZE YOUR SPACE** by rearranging furniture or books on your shelf.
- **SET UP A CAMPSITE IN YOUR BACKYARD OR LIVING ROOM.** Make it as comfortable or authentic as you’d like it to be!

ON THE WEEKEND IN YOUR COMMUNITY:

- **TRY DIFFERENT MODES OF TRANSPORTATION AROUND TOWN.** Ride the bus or bike to a date night or outing with friends.
- **CHECK OUT FREE EVENTS HOSTED BY LOCAL LIBRARIES OR UNIVERSITIES.** You’ll be surprised at the variety of events hosted!
- **LOOK UP ONE-TIME VOLUNTEER OPPORTUNITIES** at an organization you support or would like to learn more about.
- **FIND A VIEW.** A sunset, sunrise, landscape, or cityscape at a location that is new to you. Go stargazing using a night sky app.