Breathe

Close your eyes, and take a deep breath in for 5 seconds. Hold it for 2 seconds, and breathe out for 10 seconds. Repeat as necessary.
(Helper tip: Count as you breathe in and out)
Stretch

Stand up and stretch your hands up to the ceiling. Then reach down to the ground and touch your toes.
Nourish

Boost your brain power by snacking on a handful of almond or walnuts. Swap a caffeinated beverage for water infused with lemon slices.
Sleep

Prepare for better night's sleep by turning off electronics 30-60 minutes before bedtime.