

PRACTICE GRATITUDE

LOOK AT FAMILY PHOTOS

LISTEN TO MUSIC

Create

READ A BOOK

DO EFT TAPPING

MEDITATE

SING A SONG

JOURNAL

HUG SOMEONE

TAKE A BATH

BREATH DEEPLY

BAKE

BE Mindful

I CAN PAUSE AND

Connect

CUDDLE WITH A PET

GO FOR A DRIVE

CALL A FRIEND

SAY AFFIRMATIONS

GO FOR A WALK

Relax

GARDEN

GET Outside

SWIM

SIT ON THE PORCH

CROCHET

SPLASH WATER ON MY FACE

EXERCISE

HAVE A DANCE PARTY