

Take a nice hot Bath!



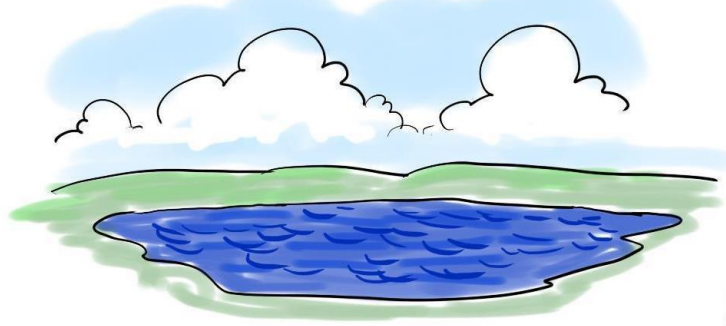
Listen to Music



Take a Nap



Go to a Body of Water



Watch the Clouds



Watch the Stars



Light a Candle



Buy a small gift for someone dear



Let out a sigh



Fly a Kite



Watch the Stars

Write a Letter



Learn something **new**



Listen to a Guided Relaxation



Read a Book!



50 Ways to Be

Sit in **NATURE**



Watch the Rain



Take Deep Belly Breaths



MEDITATE



Call a Friend

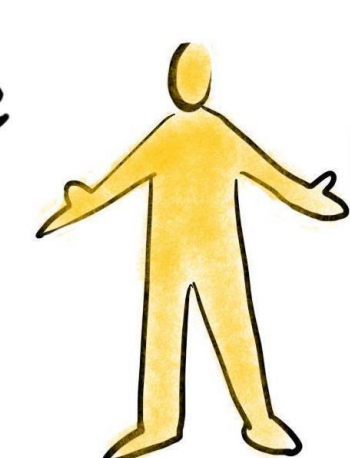


Meander around Town

WRITE in a journal



Notice your Body



GLAD

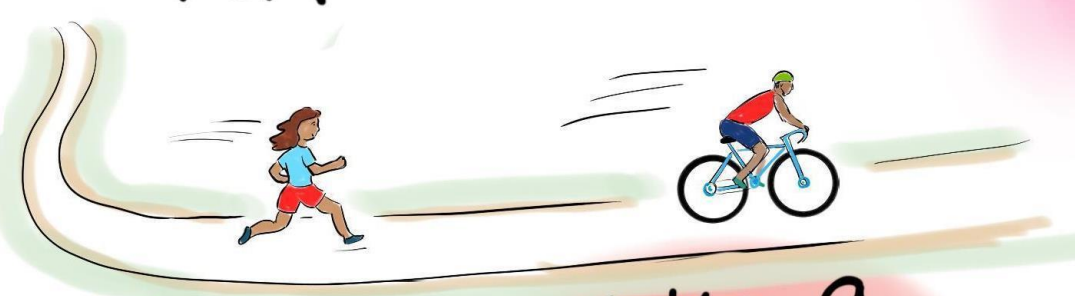
Get some Flowers



Walk Outside



Go for a run



Find a relaxing Scent

Say hi to a passer-by



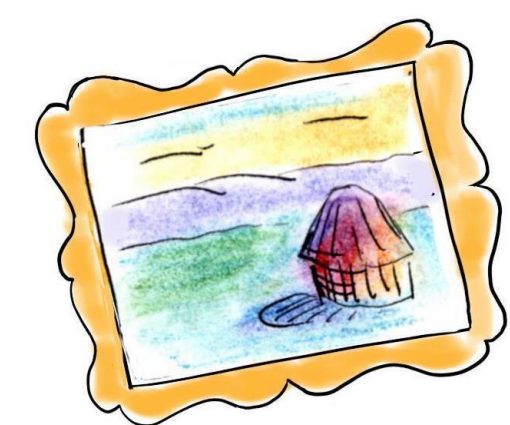
Take a bike ride



Create your own coffee break



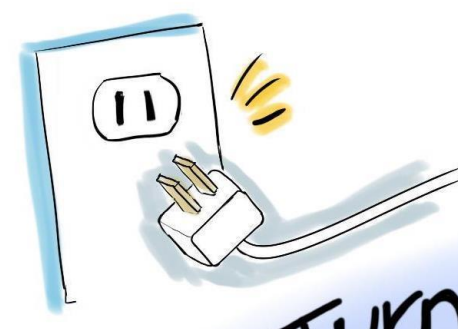
View some **ART**



Get up early and watch the sunrise



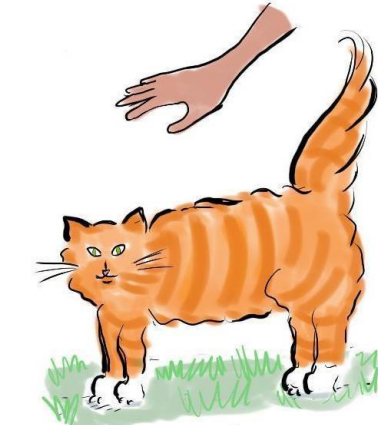
Turn off all electronics



Go to a Park



Pet a furry creature



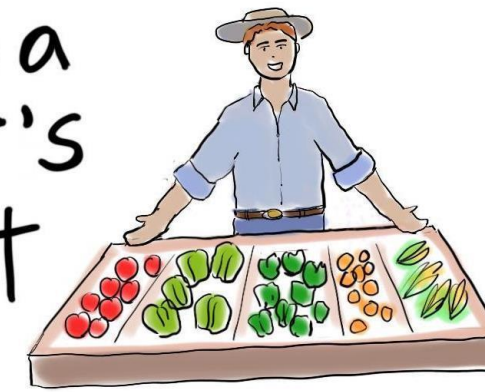
Read or watch something **FUNNY**



Drive somewhere



Go to a Farmer's Market



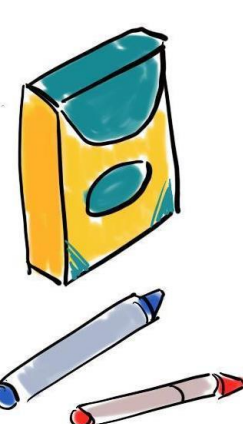
Forgive someone



Engage in small acts of **KINDNESS**



COLOR with crayons



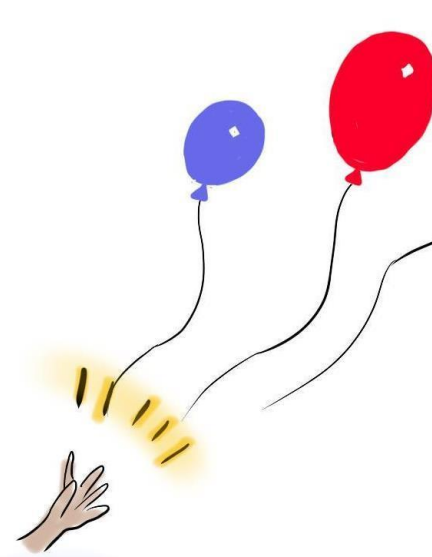
Make some **MUSIC**



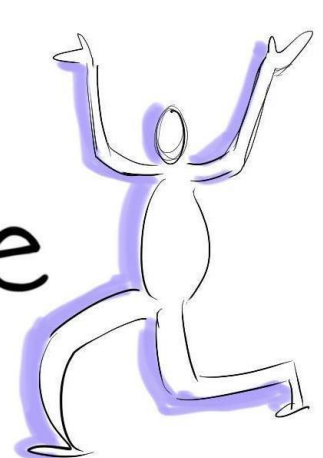
Climb a Tree



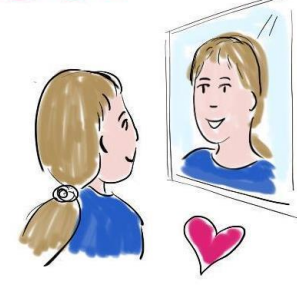
Let go of something



Do some gentle stretches



Gaze into your own eyes with **Tenderness**



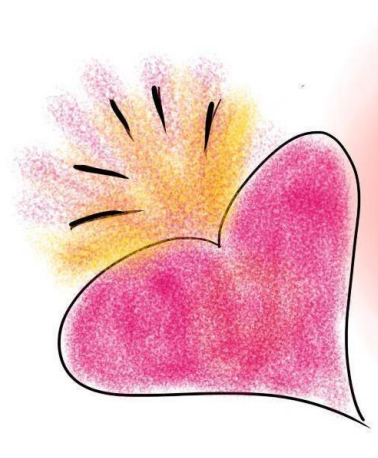
Write a Poem



Read poetry



Put on music and **DANCE**



Give Thanks