

Take a nice hot Bath!



Listen to Music

Take a Nap

Go to a Body of Water

Watch the Clouds

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



Get some Flowers



Find a relaxing scent

Walk outside

Go for a run



Take a bike ride

Create your own coffee break

View some **ART**

Hi! Say hi to a passer-by

Turn off all electronics

Pet a furry creature



Read or watch something **FUNNY**

Get up early and watch the sunrise



Drive somewhere

Go to a Park



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