

DRINK A CUP OF TEA

CONNECT WITH SOMEONE YOU LOVE

TRY SOMETHING NEW

THINK OF A FAVORITE MEMORY

EXPLORE YOUR SURROUNDINGS

WORK OUT

GET CREATIVE

WRITE WHAT YOU'RE GRATEFUL FOR

SLOW DOWN

LIGHT A CANDLE

MAKE A HOMEMADE FACE MASK

READ CARDS AND LETTERS FROM FRIENDS

SHARE YOUR GIFTS

WRITE DOWN 5 THINGS YOU LOVE ABOUT YOURSELF

HAVE A PICNIC

DO YOGA

TAKE PHOTOS

JOURNAL

MEDITATE

CURL UP WITH A GOOD BOOK

TAKE A WARM BATH

DO SOMETHING KIND FOR A STRANGER

INVEST IN YOUR PRESENT

READ SOMETHING THAT INSPIRES YOU

GO FOR A HIKE

TREAT YOURSELF

MAKE A MEAL FROM SCRATCH

LISTEN TO SOOTHING SOUNDS

WATCH THE SUNRISE

DO A GUIDED IMAGERY EXERCISE