

Go for a walk	Take a warm bath	Call/Text a friend	Read	Exercise
Eat a favourite food	Have a nap	Listen to music	Watch TV	Arts and crafts
Learn about something new online	Meditate/Mindfulness	Take a cold shower	Play a game	Clean around the house/apartment
Spend time with a pet	Start a journal or write in your journal	5 senses exercise with a coffee or tea	Do something with family	Organize your clothing
Do a free write of whatever's on your mind	Try a new recipe	Play an instrument	Sing	Read a list of jokes