

**TAKE A WARM  
SHOWER.**

**TAKE A WALK  
OR GO FOR A  
RUN.**

**PLAY A GAME.**

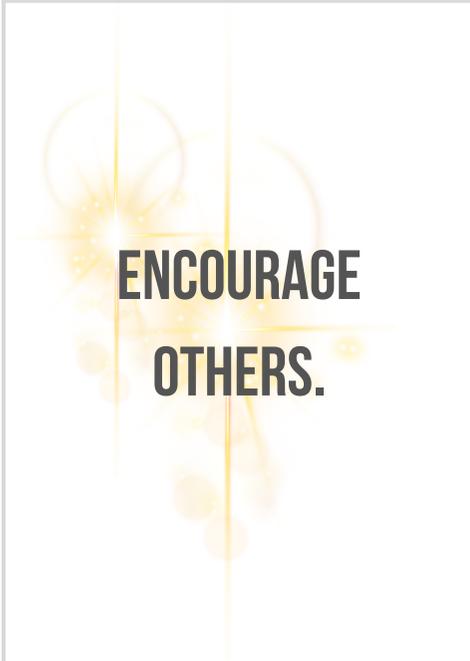
**CLEAN OR  
ORGANIZE  
YOUR  
ENVIRONMENT.**

**TALK TO  
SOMEONE YOU  
TRUST.**

**READ A BOOK  
OR A  
MAGAZINE.**

**WRITE A  
LETTER OR  
NOTE TO  
SOMEONE YOU  
CARE ABOUT.**

**ROLEPLAY  
CHALLENGING  
SITUATIONS  
WITH OTHERS.**



**ENCOURAGE  
OTHERS.**



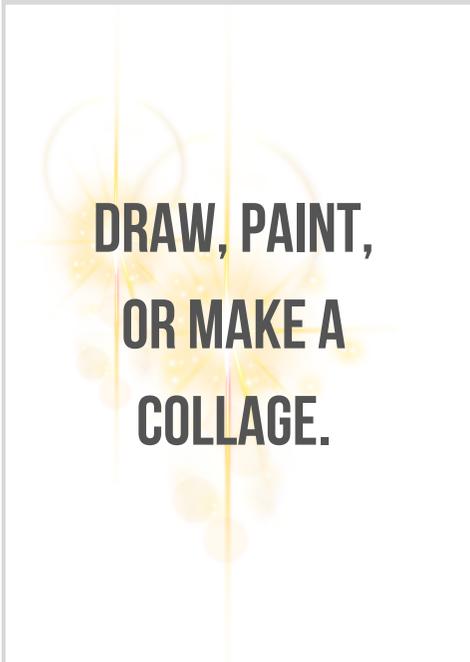
**DO A RANDOM  
ACT OF  
KINDNESS.**



**MAKE A  
GRATITUDE  
LIST.**



**WRITE IN A  
JOURNAL.**



**DRAW, PAINT,  
OR MAKE A  
COLLAGE.**



**CREATE A  
VISION BOARD.**



**READ  
INSPIRATIONAL  
QUOTES.**



**REASSESS AND  
MANAGE YOUR  
EXPECTATIONS.**

**MAKE A LIST OF  
YOUR SHORT-  
TERM AND  
LONG-TERM  
GOALS.**

**ACT OPPOSITE  
OF NEGATIVE  
FEELINGS.**

**MAKE A LIST OF  
PROS AND  
CONS.**

**MAKE A LIST OF  
YOUR  
STRENGTHS.**

**STRETCH.**

**DO BREATHING  
EXERCISES.**

**MEDITATE OR  
LISTEN TO  
GUIDED  
IMAGERY.**

**PRAY.**

**PUT ON FAKE  
TATTOOS OR  
DRAW ON  
YOURSELF (OR  
CLOTHES,  
SHOES, ETC.)**

**WRITE A POEM  
OR SONG.**

**DRINK A GLASS  
OF COLD  
WATER OR A  
CUP OF HOT  
TEA.**

**DO A WORD  
PUZZLE.**

**PAINT YOUR  
NAILS, PUT ON  
MAKEUP, OR  
STYLE YOUR  
HAIR.**

**SING, DANCE,  
OR PLAY A  
MUSICAL  
INSTRUMENT.**

**LISTEN TO  
MUSIC OR  
NATURE  
SOUNDS.**

**STUDY THE  
SKY.**

**TAKE A NAP OR  
REST YOUR  
EYES.**

**HUG A PILLOW.**

**SIT OUTSIDE  
FOR AT LEAST  
15 MINUTES.**

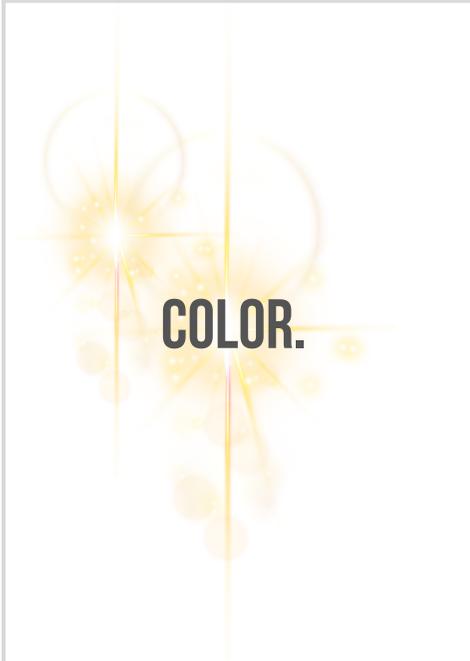
**CREATE OR  
BUILD  
SOMETHING.**

**READ THE  
BIBLE OR  
SPIRITUAL  
LITERATURE.**

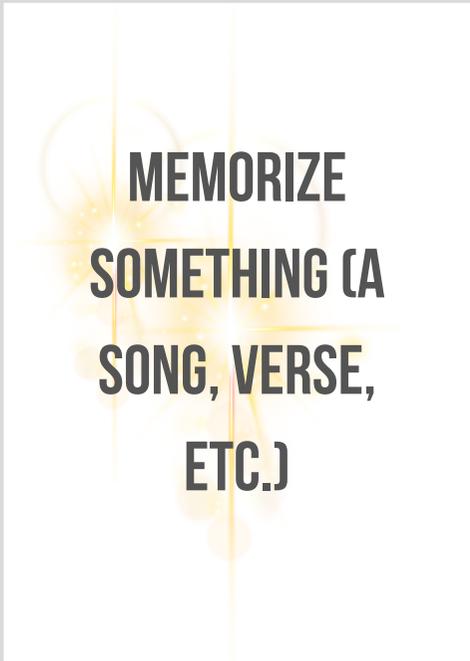
**READ A SELF-  
HELP BOOK.**

**PRACTICE  
GROUNDING  
TECHNIQUES.**

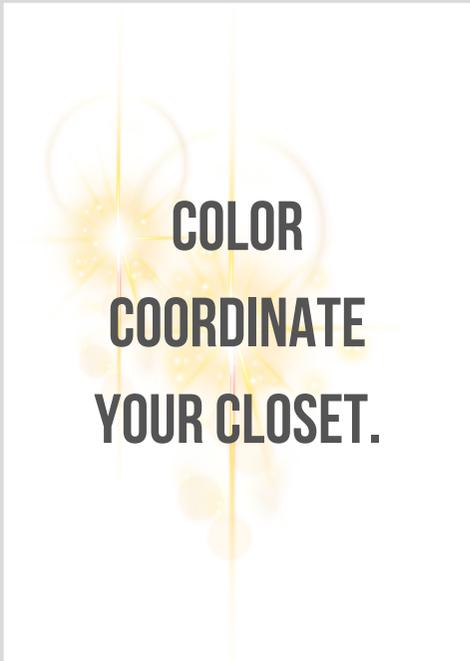
**TALK TO A  
COUNSELOR.**



**COLOR.**



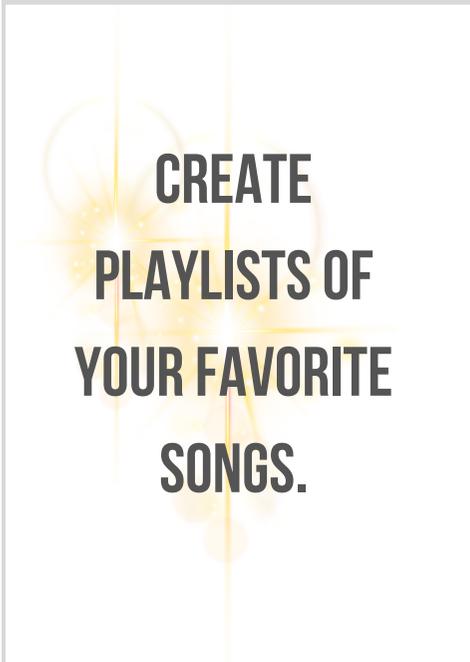
**MEMORIZE  
SOMETHING (A  
SONG, VERSE,  
ETC.)**



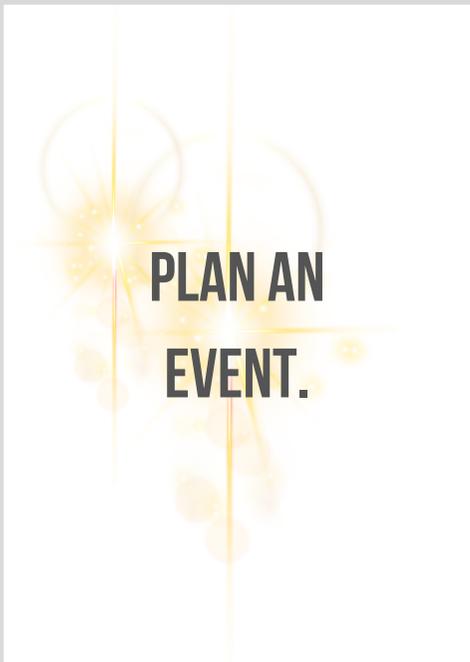
**COLOR  
COORDINATE  
YOUR CLOSET.**



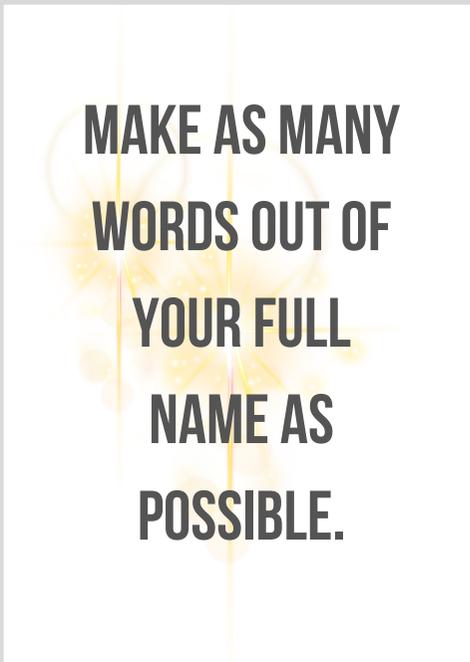
**WATCH FISH.**



**CREATE  
PLAYLISTS OF  
YOUR FAVORITE  
SONGS.**



**PLAN AN  
EVENT.**



**MAKE AS MANY  
WORDS OUT OF  
YOUR FULL  
NAME AS  
POSSIBLE.**



**CLEAN UP  
TRASH.**

**WRITE A  
LETTER OF  
SELF-  
COMPASSION.**

**LOOK UP NEW  
WORDS IN THE  
DICTIONARY  
AND USE THEM.**

**SMILE AT 10  
DIFFERENT  
PEOPLE.**

**PUT TOGETHER  
A PUZZLE.**

**MAKE A TO-DO  
LIST.**

**READ SONG  
LYRICS.**

**ASK SOMEONE  
TO TRY TO  
MAKE YOU  
LAUGH.**

**READ AND/OR  
TELL JOKES.**

**CREATE A  
CHART OR PIE  
GRAPH OF HOW  
YOU SPEND  
YOUR DAY.**

**REFLECT ON  
COMPLIMENTS  
YOU'VE  
RECEIVED.**

**COME UP WITH  
YOUR OWN  
MANTRA FOR  
TOUGH TIMES.**

**THINK OF  
HAPPY  
MEMORIES.**

**MAKE A GIFT  
FOR SOMEONE.**

**THINK ABOUT A  
PET OR PERSON  
YOU LOVE.**

**JOG IN PLACE.**

**DOODLE.**

**TRY YOUR BEST  
TO REPLICATE  
A FAMOUS  
PAINTING OR  
WORK OF ART.**

**WRITE DOWN  
ALL OF YOUR  
CURRENT  
WORRIES.**

**DO A  
PROGRESSIVE  
MUSCLE  
RELAXATION.**

**ASK YOURSELF,  
"WHAT DO I  
NEED IN THIS  
MOMENT?"  
ANSWER  
TRUTHFULLY.**

**IDENTIFY AND  
EXAMINE YOUR  
EMOTIONS.  
WHERE ARE  
THEY COMING  
FROM?**

**GENTLY TAP  
YOUR  
SHOULDERS,  
CHEST,  
AND/OR BACK.**

**MASSAGE YOUR  
NECK.**

**HUG YOURSELF.**

**SET A POSITIVE  
INTENTION FOR  
THE DAY.**

**TAKE A  
MOMENT TO  
NOTICE  
SOMETHING  
BEAUTIFUL OR  
INTRIGUING.**

**NAME YOUR  
EMOTIONS OUT  
LOUD.**

**REFRAME  
NEGATIVE  
SITUATIONS.**

**MAKE A LIST OF  
COPING  
STRATEGIES.**

**MAKE A LIST OF  
POSSIBLE  
CHOICES FOR A  
DIFFICULT  
SITUATION.**

**TAKE  
OWNERSHIP OF  
MISTAKES.**

**REFLECT ON  
PAST  
MISTAKES AND  
THE LESSONS  
LEARNED.**

**EXPRESS YOUR  
GRATITUDE OR  
APPRECIATION  
TO SOMEONE.**

**READ YOUR  
HOROSCOPE  
FOR THE DAY  
AND MAKE IT  
COME TRUE.**

**OFFER YOUR  
HELP TO  
SOMEONE IN  
NEED.**

**ASK FOR HELP.**

**DO YOGA POSES  
OR PRACTICE  
BALANCING ON  
ONE LEG.**

**PLAN A  
FAVORITE  
MEAL.**

**VISUALIZE A  
SERENE PLACE.**

**TAPE  
AFFIRMATIONS  
TO YOUR  
MIRROR.**

**READ THE  
COMICS.**

**PLAN A TRIP TO  
A MUSEUM.**

**PRETEND YOU'RE  
AN ALIEN  
VISITING THE  
PLANET AND  
OBSERVE YOUR  
SURROUNDINGS.**

**MAKE AN  
INSPIRATIONAL  
BANNER AND  
HANG IT  
SOMEWHERE.**

**MAKE A LIST OF  
MEANINGFUL  
COMPLEMENTS  
THAT YOU CAN  
GIVE OUT  
LATER.**

**ASK YOURSELF  
WHAT ADVICE  
YOU WOULD GIVE  
TO SOMEONE IN  
YOUR SITUATION.**

**USE GREETING  
CARDS AND/OR  
STICKERS  
WHEN YOU  
MAIL BILLS.**

**PRETEND YOUR  
SITUATION IS  
THE PLOT OF A  
MOVIE. HOW  
WOULD IT  
UNFOLD?**

**DECORATE THE  
COVER OF A  
NOTEBOOK OR  
JOURNAL.**

**MAKE  
SOMEONE  
LAUGH.**

**CUT POSITIVE  
WORDS OUT OF  
MAGAZINES AND  
MAKE A  
COLLAGE.**

**HOLD ON TO,  
WEAR, OR WRAP  
YOURSELF IN  
SOMETHING  
SOFT AND  
FUZZY.**

**SAY ONLY  
POSITIVE  
THINGS FOR A  
DAY.**

**TURN YOUR  
COMPLAINTS  
ABOUT OTHERS  
INTO  
COMPLEMENTS.**

**TURN YOUR  
COMPLAINTS  
INTO  
SOLUTIONS.**

**DO CRAFTS.**

**CREATE A  
POSITIVE DAILY  
RITUAL.**

**PRACTICE  
RADICAL  
ACCEPTANCE.**

**TOSS A BALL  
WITH SOMEONE.**

**MAKE A LIST OF  
PEOPLE AND  
THINGS THAT  
BRING YOU JOY.**

**WALK AWAY  
FROM  
NEGATIVITY.**

**SET AND ADHERE  
TO HEALTHY  
BOUNDARIES.**

**DEFINE YOUR  
VALUES.**

**BE HONEST  
(BUT KIND) TO  
SELF AND  
OTHERS.**

**PAY ATTENTION  
TO GUT  
FEELINGS.**

**PRAISE  
YOURSELF  
THROUGHOUT  
THE DAY FOR  
THINGS WELL  
DONE.**

**REPLACE SELF-  
DESTRUCTIVE  
BEHAVIORS.**

**PLAY THE TAPE  
THROUGH WHEN  
EXPERIENCING  
SELF-  
DESTRUCTIVE  
URGES.**

**MAKE A LIST OF  
THINGS YOU  
HAVE CONTROL  
OVER.**

**LIE UPSIDE DOWN.**

**SPIN OR TWIRL  
AROUND.**

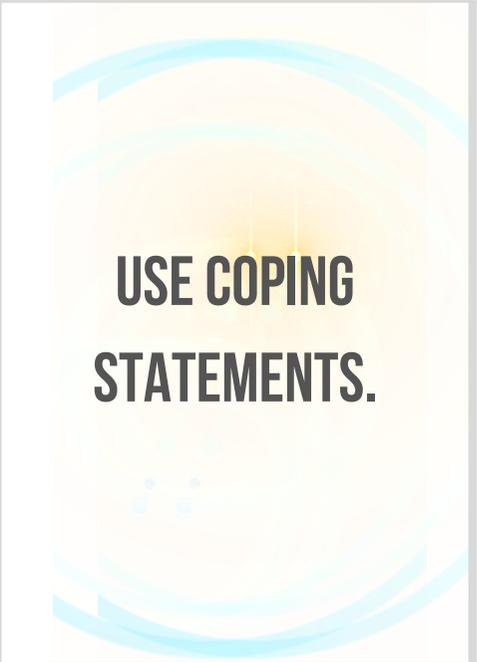
**PEEL GLUE OFF  
YOUR HANDS.**



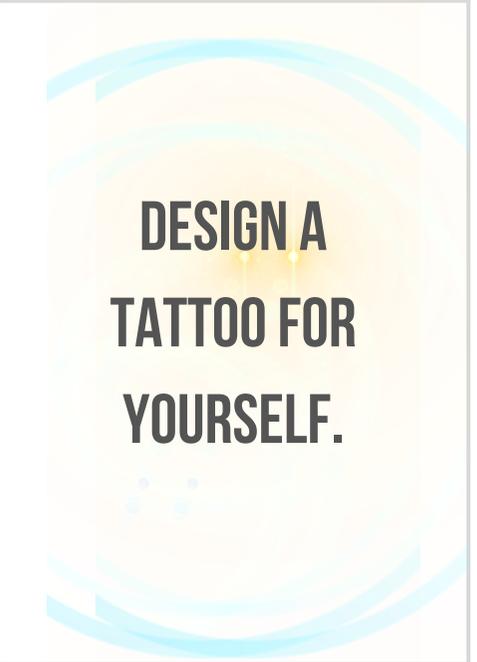
**WASH YOUR  
FACE  
MINDFULLY.**



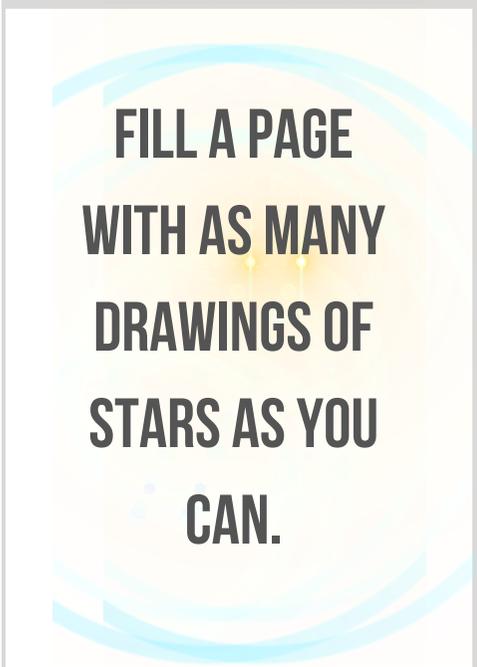
**EAT YOUR NEXT  
SNACK OR  
MEAL  
MINDFULLY.**



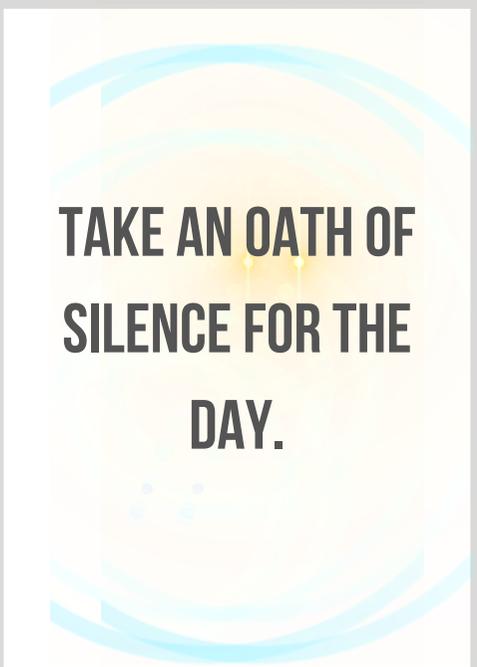
**USE COPING  
STATEMENTS.**



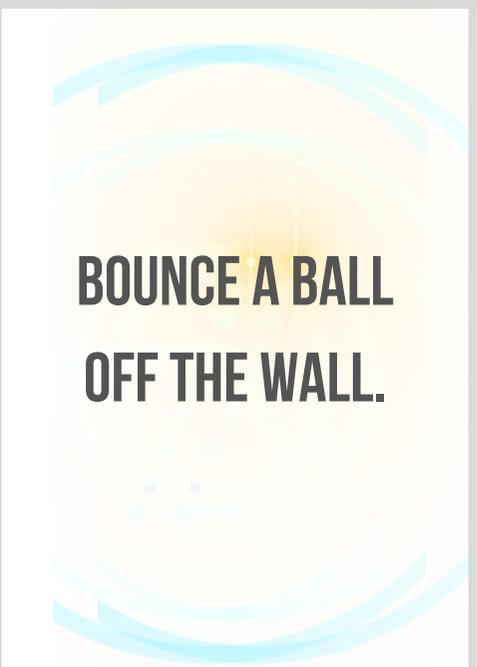
**DESIGN A  
TATTOO FOR  
YOURSELF.**



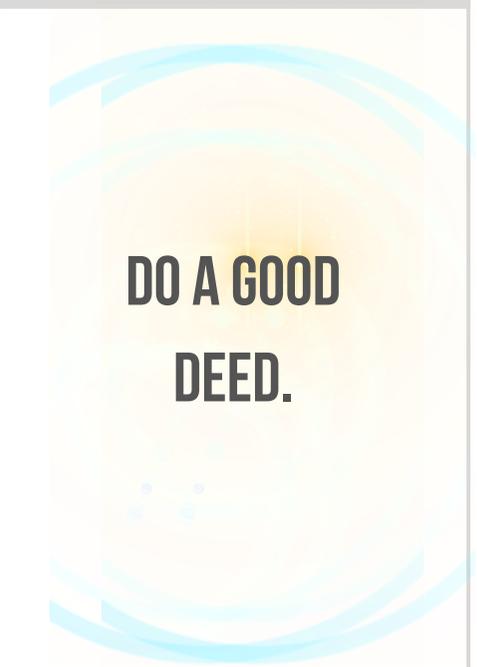
**FILL A PAGE  
WITH AS MANY  
DRAWINGS OF  
STARS AS YOU  
CAN.**



**TAKE AN OATH OF  
SILENCE FOR THE  
DAY.**



**BOUNCE A BALL  
OFF THE WALL.**



**DO A GOOD  
DEED.**

