

Think about happy memories	Arts and crafts	Go to a boxing class	Squeeze the stress ball	Pray or meditate
Deep breathing	Take a walk	Sew or crochet	Chat to a friend	Take a shower
Try something new	Cooking	Play an instrument	Play cards	Swimming
Play with a pet	Singing	Have a bath	Read	Dance
Start a hobby or project	Enjoy the outdoors	Writing in a journal	Exercise	Listen to music

Try something new	Cooking	Take a shower	Chat to a friend	Dance
Exercise	Swimming	Play an instrument	Pray or meditate	Singing
Deep breathing	Go to a boxing class	Sew or crochet	Read	Think about happy memories
Play with a pet	Enjoy the outdoors	Take a walk	Have a bath	Squeeze the stress ball
Start a hobby or project	Writing in a journal	Listen to music	Arts and crafts	Play cards

Swimming	Read	Enjoy the outdoors	Exercise	Have a bath
Dance	Listen to music	Deep breathing	Play an instrument	Think about happy memories
Play with a pet	Start a hobby or project	Sew or crochet	Cooking	Take a walk
Try something new	Singing	Writing in a journal	Chat to a friend	Arts and crafts
Play cards	Take a shower	Squeeze the stress ball	Go to a boxing class	Pray or meditate