

Write a list of compliments about someone	Bake	Go for a drive	Take a hot shower or relaxing bath	Punch a punching bag
Do a puzzle	Try something new	Sing	Clean	Stretch
Think about happy memories	Write yourself "I love you because" letter	*	Cook a meal	Meditate
Paint your nails	Talk to a friend	Pet your cat or dog	Listen to music	Rip paper into pieces
Let yourself cry	Deep Breathing	Sort photographs	Yoga	Draw

Write yourself "I love you because" letter	Clean	Take a hot shower or relaxing bath	Do a puzzle	Sing
Go for a drive	Yoga	Punch a punching bag	Deep Breathing	Stretch
Paint your nails	Cook a meal	*	Meditate	Bake
Listen to music	Sort photographs	Write a list of compliments about someone	Draw	Talk to a friend
Pet your cat or dog	Rip paper into pieces	Think about happy memories	Try something new	Let yourself cry

Deep Breathing	Sort photographs	Clean	Rip paper into pieces	Cook a meal
Write a list of compliments about someone	Paint your nails	Pet your cat or dog	Try something new	Punch a punching bag
Think about happy memories	Draw	*	Talk to a friend	Listen to music
Write yourself "I love you because" letter	Stretch	Take a hot shower or relaxing bath	Yoga	Go for a drive
Meditate	Bake	Sing	Do a puzzle	Let yourself cry