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

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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

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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

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