

Member Services

Think about happy	Aha Moment	Go outside	Start a garden	Play cards
Drawing	Talk to a friend	Smile	Count to 10	Talk to Mom or Dad
Watch a movie	Dance	FREE SPACE!	Laugh	Listen to music
Take a walk	Painting	Spark	Happy	Share
Deep breathing	Stress balls	Energy	Write in a journal	Exercise

Member Services

Watch a movie	Write in a journal	Count to 10	Painting	Drawing
Start a garden	Listen to music	Go outside	Share	Dance
Laugh	Aha Moment	FREE SPACE!	Happy	Spark
Exercise	Think about happy	Energy	Take a walk	Deep breathing
Play cards	Help a friend	Talk to Mom or Dad	Smile	Talk to a friend

Member Services

Take a walk	Happy	Watch a movie	Exercise	Start a garden
Stress balls	Talk to Mom or Dad	Write in a journal	Painting	Dance
Spark	Count to 10	FREE SPACE!	Laugh	Go outside
Help a friend	Play cards	Deep breathing	Aha Moment	Think about happy
Talk to a friend	Smile	Listen to music	Share	Energy