

Write a letter	Clean	Bake a cake	Go outside	Take a bubble bath
Play cards	Enjoy nature	Visit your family	Sew or crochet	Use a stress ball
Dance	Meditate	FREE	Draw	Paint
Take a walk	Play a game	Take a break	Talk to a friend	Laugh
Go swimming	Play with a pet	Do a puzzle	Read a book	Cook a meal

Use a stress ball	Do a puzzle	Take a nap	Meditate	Dance
Paint	Visit your family	Clean	Write a letter	Sew or crochet
Take a bubble bath	Play with a pet	FREE	Cook a meal	Read a book
Enjoy nature	Go outside	Take 10 deep breaths	Write in a journal	Take a walk
Draw	Take a break	Bake a cake	Play cards	Watch a movie

Do a puzzle	Yoga	Write in a journal	Enjoy nature	Cook a meal
Take a nap	Sew or crochet	Go fishing	Clean	Write a letter
Play cards	Draw	FREE	Take a bubble bath	Paint
Go outside	Read a book	Meditate	Go swimming	Take a break
Watch a movie	Exercise	Take a walk	Play a game	Bake a cake