

Stretch	Ask for Help When Needed	Eat 3 meals a Day	Read for Fun	Meditation
Deep Breathing	Spend time in passive activities (TV ETC)	Plan Time to Self Care	Attend To Physical Symptoms	Positive Affirmations
Spend Time With Friends	Take a Walk	FREE	Dance/ Sing it Out	Journal
Laugh	Sleep ~8 Hours	Listen to Music	Get Creative	Nap When You're Tired
Exercise	Day Dream	Plan out Day/ Week	Treat Yo' Self	Drink Enough Water

Take a Walk	Attend To Physical Symptoms	Read for Fun	Deep Breathing	Plan Time to Self Care
Eat 3 meals a Day	Treat Yo' Self	Meditation	Day Dream	Positive Affirmations
Laugh	Dance/ Sing it Out	FREE	Journal	Ask for Help When Needed
Get Creative	Plan out Day/ Week	Stretch	Drink Enough Water	Sleep ~8 Hours
Listen to Music	Nap When You're Tired	Spend Time With Friends	Spend time in passive activities (TV ETC)	Exercise

Day Dream	Plan out Day/ Week	Attend To Physical Symptoms	Nap When You're Tired	Dance/ Sing it Out
Stretch	Laugh	Listen to Music	Spend time in passive activities (TV ETC)	Meditation
Spend Time With Friends	Drink Enough Water	FREE	Sleep ~8 Hours	Get Creative
Take a Walk	Positive Affirmations	Read for Fun	Treat Yo' Self	Eat 3 meals a Day
Journal	Ask for Help When Needed	Plan Time to Self Care	Deep Breathing	Exercise