

m	e	n	a	t
Write positive affirmations	Bake	Draw	Take a hot shower or relaxing bath	Punch a punching bag
Cover yourself with band-aids where you want to cut	Write a list of compliments about someone	Sing	Call a friend	Stretch
Write a letter	Write yourself "I love you because" letter	FREE	Clean	Meditate
Paint your nails	Watch a fish	Pet your cat or dog	Let yourself cry	Rip paper into pieces
Go for a drive	Cook a meal	Sort photographs	Yoga	Do a puzzle

m	e	n	a	t
Write yourself "I love you because" letter	Call a friend	Take a hot shower or relaxing bath	Cover yourself with band-aids where you want to cut	Sing
Draw	Yoga	Punch a punching bag	Cook a meal	Stretch
Paint your nails	Clean	FREE	Meditate	Bake
Let yourself cry	Sort photographs	Write positive affirmations	Do a puzzle	Watch a fish
Pet your cat or dog	Rip paper into pieces	Write a letter	Write a list of compliments about someone	Go for a drive

m	e	n	a	t
Cook a meal	Sort photographs	Call a friend	Rip paper into pieces	Clean
Write positive affirmations	Paint your nails	Pet your cat or dog	Write a list of compliments about someone	Punch a punching bag
Write a letter	Do a puzzle	FREE	Watch a fish	Let yourself cry
Write yourself "I love you because" letter	Stretch	Take a hot shower or relaxing bath	Yoga	Draw
Meditate	Bake	Sing	Cover yourself with band-aids where you want to cut	Go for a drive