

men

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

men

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

men

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