

Soothing/Relaxing

- Make a cozy tea or coffee
- Lie quietly for a few minutes
- Dim the lights
- Read a book
- Put on nature sounds
- Play relaxing music
- Guided meditation or prayer
- Cuddle a pet or partner
- Take a bath
- Face mask
- Warm compress on the forehead
- Put on luxurious hand cream
- Journal
- Write down 3 things you're grateful for
- Go through the photos on your phone
- Repeat an affirmation or mantra
- Self-massage with a foam roller
- Drink a big glass of water
- Listen to a podcast or audiobook
- Take a mini nap or bed early
- 10 deep breaths

Focused or Active

- Yoga
- Stretching
- Knitting
- Crafts
- Painting
- Workout video
- Walk
- Run
- Dance to your favourite song
- Prep healthy food for the next day
- Cook a healthy meal
- Declutter a room
- Put on makeup or do your hair
- Get outside or in nature
- Call or text a friend or family member
- Play a game (real life or phone/video)
- Plan a dream vacation
- Practice a hobby
- Colouring book or doodle
- Play with a dog, kid, or partner
- Make plans for something feel good or social
- Gardening
- Watching funny videos
- Go up and down the stairs a few times