

Sip Tea

HAVE A PIECE OF CHOCOLATE

Go for a Walk

DECLUTTER

Write down what you are grateful for

Drink More Water

LAUGH

TUNE IN A PODCAST

NAP

Read a Book

Meditate

Close your eyes

Simplify Something

STOP

Work Out

Light a Candle

REST

Talk to a Friend

Breathe

Listen to Music

Unplug

Repeat Your Affirmations

SMILE

REMINDE YOURSELF OF YOUR MANY GOOD QUALITIES

