Outdoors

- Work on your garden - or plant a plant.
- Shop for yourself, without over-indulging.
- Go to the museum.
- Hang out at the park.
- Go for a drive or a day-trip.
- Participate in a book club.
- Be a tourist in your own city.
- Volunteer with children or animals.
- Dress up and go out for a healthy dinner.
- Take part in your community by helping a cause you love.
- Go for coffee or window shop.
- Go to a different place/space, even in the work setting.
- Pick flowers for yourself.
- Sing in a choir/sing in the car/sing karaoke.
- Watch birds or squirrels play in the trees.
- Join a laughter yoga club.
- Watch a movie you loved as a kid.
- Attend a sporting event.
- Pamper yourself with a massage or steam room.
- Go see a movie with a good friend.
- Go fishing.
- Sit out in the sun.
- Get a manicure/pedicure.
- Go camping.
- Go to an art gallery.
- Go to your favorite landmark in your city.
- Count the stars or look up at the clouds and find shapes.
- Attend an alumnae event.

At Home

- Have a quiet cup of tea.
- Change out of work clothes after work. Get into something comfy!
- Use a face mask.
- Try a ceramics class.
- Write yourself a nice note.
- Use a sleeping mask.
- Listen to your favorite song - crank the volume!
- Do some zumba.
- Write in a joy/gratitude journal - or simply write to “get things out.”
- Take a hot bubble bath or shower.
- Do a puzzle.
- Knit something.
- Sleep in.
- Clean your house.
- Cook a homemade meal.
- Try Aromatherapy.
- Light a candle.
- Try a new recipe.
- Watch a funny TV show, or watch funny videos on YouTube.
- Have a craft night.
Miscellaneous

- Play with pets.
- Dance spontaneously!
- Read for fun.
- Chat with friends.
- Take time to eat without distraction three times a day (i.e., mindfully).
- Read/watch something inspirational.
- Watch animals play.
- Make a list – a ‘to do’ list, a ‘grocery’ list, a ‘things you love’ list!
- Ask a friend, significant other or family member to cook with or for you.
- Plan a vacation or staycation.
- Blow bubbles.
- Photography.
- Spend time with someone you know will lift your spirits.
- Paint a picture.
- Eat dark chocolate (it’s a bit better for you).
- Call a friend.
- Hug someone close to you.
- Cuddle a puppy or a kitten.
- Perform a random act of kindness.
- Tell your family you love them.
- Take time to debrief with a supervisor, colleague or friend.

Self

- Tell yourself, “I love you.”
- Think positive thoughts.
- Interpret your dreams.
- Be intentional about living authentically.
- Limit your caffeine intake.
- Give yourself permission to just sit.
- Daydream.
- Acknowledge the good in others.
- Learn to say ‘no’/establish your limits.
- Be in the moment – try not to think about the past or the future.
- Work to detach yourself from stressful thoughts. Let go - leave perfectionism behind.
- Meditate.
- Try something new.
- Go ‘unplugged’ for a day - that’s right, no technology!
- Be still.
- Practice your faith.
- Make a self-gratification list.
- Breathe and count to 10.
- Inhale confidence, exhale doubt.
- Give back.
- Accept that you’re doing the best you can, even when things don’t go as planned.

Exercise

- Take a walk.
- Practice yoga or Pilates.
- Go for a hike and experience new scenery.
- Go for a swim.
- Go for a run.
- Do aerobics.
- Go for a bicycle ride.
- Sign up for a 5k walk/run.