



Draw or Paint



Walk in Nature



Listen to Music



Create a Routine for Yourself

Watch the Sunset



Make a Cup of Tea

Learn a New Skill



Take a Nap



Play a Game

Coping Strategies Toolkit



Bake



Watch a Movie



Read a Book



Call or Text Someone You Love



List the things you're Grateful for



Do a Puzzle



Meditate

Go for a Hike



Start a Journal



Y
o
g
a



Take a Bath

Cuddle Your Pet

