

Mind | Body Suggestions

PHYSICAL

EAT REGULARLY | EAT HEALTHY
WALK | DO STAIRS | TRY A LABYRINTH
YOGA NIDRA | YOGA | QIGONG
GET A MASSAGE | ACCUPUNCTURE
TAKE TIME OFF WHEN SICK
MAKE TIME TO SLEEP | TRY PMR
EXERCISE AEROBICALLY | SWIM
HAVE A DANCE PARTY | TRY SHAKING
DO A CHORE | ORGANIZE A DRAWER
WALK BAREFOOT ON GRASS | SAND
RUN | WALK WITH OTHERS
SING | HUM | BREATHE
CONNECT | HUG | HOLD HANDS
TAKE A LONG SHOWER | BATH
STRETCH THE BODY | FOAM ROLLER
LEARN TAPPING EXERCISES

PSYCHOLOGICAL

TAKE DAY TRIPS | LOCAL STAY-CATIONS
VISUALIZE | REFLECT HOW TO SHOW UP
RESTRICT PHONE TIME | EMAIL | INTERNET
CREATE PERSONAL AFFIRMATIONS
PRACTICE 2nd & 3rd PERSON SELF-TALK
REMOVE NEWS FEEDS & SOCIAL MEDIA
USE ICE | COLD WATER TO SHIFT ATTENTION
IDENTIFY YOUR SUPERPOWERS
INVENTORY YOUR THOUGHT PATTERNS
IDENTIFY WHAT MATTERS TO YOU
CREATE YOUR LIST OF NEEDS | WANTS
CREATE A WORRY LIST | WONDER OUT LOUD
TRY TO JOURNAL | DUMP PAD
READ | EXPLORE | PUZZLE
LEARN SOMETHING NEW | HOW TO KNIT
TRY BINAURAL BEATS | MUSIC

EMOTIONAL

SPEND TIME WITH OTHERS
CONTACT IMPORTANT PEOPLE
PRACTICE LOVING KINDNESS METTA
EXPLORE WHAT STIMULATES YOUR SENSES
RE-VISIT FAVORITE BOOKS | MOVIES
ENGAGE IN COMFORTING ACTIVITIES
REFLECT THROUGH OBJECTS OF MEANING
REFLECT UPON INFLUENTIAL PEOPLE
RECALL PLACES OF JOY | COMFORT
PERMISSION TO BE EMOTIONAL
BE OPEN TO CRY | LAUGH | MOURN
WATCH SOMETHING FUNNY | SAD
PROCESS FRUSTRATION
TAKE PART IN SOCIAL ACTION | MARCHES
WRITE OR REVIEW LETTERS
MAKE DONATIONS | HELP OTHERS

SPIRITUAL

TAKE TIME TO REFLECT | SIT STILL
SPEND TIME IN NATURE
PARTICIPATE IN SPIRITUAL COMMUNITY
LEARN MINDFULNESS | MEDITATION
SPEND TIME IN PRAYER | RITUAL
SING | HUM | CHANT WITH OTHERS
CREATE A SPACE TO HONOR OTHERS
DECORATE SPIRITUAL | HOLY ARTIFACTS
SEARCH FOR AN "AWE" MOMENT
CONNECT WITH SOMEONE'S OPTIMISM
WITNESS HOPE THROUGH OTHERS
HELP OTHERS | VOLUNTEER
EXPOSE YOURSELF TO INSPIRATION
READ SPIRITUAL LITERATURE
TAKE PART IN TALKS | WORKSHOPS
PLAY | LISTEN TO MUSIC

RELATIONSHIP

PRIORITIZE TIME TO CONNECT
PRIORITIZE TIME WITH CHILDREN
PRIORITIZE TIME TO MEET FRIENDS
CHECK-IN WITH RELATIVES
SPEND TIME WITH PETS | ANIMALS
REACH OUT TO DISTANT FRIENDS
FOLLOW UP TO PERSONAL EMAILS | LETTERS
ALLOW OTHERS TO DO THINGS FOR YOU
CULTIVATE A NEW SOCIAL CIRCLE
ASK FOR HELP | HELP OTHERS
SHARE A FEAR | SHARE A HOPE
WITNESS OTHERS SUCCESS
SHARE A SECRET | TELL A TRUTH
BE VULNERABLE WITH SOMEONE
TAKE A RISK WITH SOMEONE NEW
MAKE EYE CONTACT WITH SOMEONE NEW

PROFESSIONAL

TAKE A BREAK | HAVE LUNCH
CONNECT WITH CO-WORKERS
MAKE QUIET TIME TO FOCUS
IDENTIFY EXCITING | REWARDING TASKS
UNDERSTAND CHALLENGING TASKS
SET LIMITS WITH CO-WORKERS
PRIORITIZE WORKLOAD
BALANCE DAILY ACTIVITIES
CREATE A COMFORTABLE ENVIRONMENT
ENGAGE IN SUPERVISION | FEEDBACK
ENGAGE IN NEEDS (PAY | BENEFITS)
ENGAGE IN A SUPPORT GROUP
DEVELOP A ROUTINE | RHYTHM
CREATE A TRANSITION PLAN
SET A DAILY | WEEKLY GOAL
HELP A COLLEAGUE