

Call someone and *let them know that you are thinking about them.*

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Ask yourself  
*“Are my goals & expectations realistic?”*

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Happiness is ...  
enjoying what you have.

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Find a quiet place ... go into the bathroom and lock the door if you must!  
Close your eyes for a few minutes and think about something positive.

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Go for a walk by yourself or with someone you love. Do whatever type of exercise you're willing to do.

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Tell someone what is bothering you.

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“Do I really want to be doing this?”

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Read a book for 30-minutes.

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Purchase something ...  
that you can afford and want.

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Stand Tall

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Meditate and pray ...  
By yourself or as part of a group.

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Do absolutely nothing!

Ask yourself ... "What do I have in my life that I can  
enjoy at this moment?"

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Find a way to be grateful for the things you  
have.

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Say NO (without feeling guilty!)

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"Who in my family or support circle can help  
me now?"

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Call a friend for support.

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Do something that you really, really enjoy.

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Connect ...  
Join a club or organization.  
Volunteer in some way.

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Remember ...  
that no one is perfect.

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“How important is it?”

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Feed and watch some birds.

Stick your tongue out for no reason at all.

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Look in a mirror and stick your tongue out at yourself.

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Ask yourself ...  
“What can I change about my attitude?”

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Speed up or slow down.  
Only you know which you need to do.

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Ask for the support you need.

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Remember ...  
what my life purpose is.

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Change negative self-talk into positive affirmations ... I am \_\_\_\_\_ .

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Forgive someone ... being anger uses up lots of energy.

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Make a list of what's stressing you.  
Just making the list will be helpful!

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Go enjoy a swim

Do something on your to do list.  
If you don't have a list, create one!

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Put on your favorite music and dance around the  
house.

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Pet your favorite animal ...  
real or stuffed.

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Know that you're not alone  
Get out of the house or office.

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Run around the outside of your home.

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Walk around your neighborhood.

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Sit down. Maybe listen to music with a cup of  
your favorite beverage.

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for someone else ...  
and don't tell them what you did!

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Get enough sleep ...  
take a nap if you need to.

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Set boundaries. Saying I love you does not mean  
that you have to constantly please them!

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Trust that you know what's best for you.

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Ask supportive family members for support.

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Start to explore where you stand spiritually or  
religiously.

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“What is it about this situation that I can do  
something about?”

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“What needs to be done first”

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Do absolutely nothing!

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Plant a garden or purchase a plant.

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Find a quiet place ... go into the bathroom if you  
must! Close your eyes for a few moments and  
think about a wonderful place.

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Go to the movies, a concert, or a play.

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Find a quiet place to read a book.

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“Am I considering all my options?”

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Get a ...  
massage, manicure, or pedicure.

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Ask yourself ...  
“What is my gut telling me?”

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Are your thoughts, feelings, and actions matching?  
If not, what can you do about it?

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Breathe ... take 3 deep breaths.  
Hold it to the count of 3. Slowly exhale.  
Do this 2 times or until you calm down.

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Make a list of all the things you are tolerating;  
then choose to remove one!

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“Am I being too hard on myself?”

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Saying “no” to others often means saying “yes”  
to you!

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Ask yourself...  
“What is it about this situation that I can manage.”

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Draw or color ...

Buy yourself...  
some flowers or send yourself a card!

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Work on your “To Complete” list ...  
or start a list.

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Know that loving others does not mean that you  
have to constantly please them!

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Call someone ...  
Go out to lunch, for coffee, or for a walk.

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Call someone to talk or go out for  
\_\_\_\_\_ .

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Forgive yourself ...  
being angry hurts your soul.

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