

# Practices to Help Me Thrive !

Browse through these activities to boost your mood no matter how you're feeling! Circle the activities you've tried and give a thumbs up to the ones you found doable and a thumbs down to those that didn't excite you. Revisit the activities you didn't love and see if they changed for you.



**Cut loose from my smartphone.**



**Ask for help.**

**Color, draw, create.**

**Slip into cozy PJs and indulge in a steamy cup of tea or cocoa.**

**Put some pep in my step, and take a stroll.**

**Journal 3 things I am grateful for.**

**Plop down under a tree and tune in to nature's symphony.**

**Snooze for 8 hours and feel great!**

*Release someone with the gift of forgiveness.*

**Spread some love and show gratitude to a loved one by saying, "Thank you."**

**Pen down something I rock at in your journal.**

*Take a deep breath and give mindful breathing a try.*

**Drink a refreshing gulp of water.**

*Hold some ice in my hands.*

**Tame the chaotic and organize something.**

**Strike a pose: Practice some Yoga!**

**Boogie and move to my favorite jams!**

**Do a Puzzle.**

*Let those tears flow!*

**Get my culinary groove on: Cooking vs Baking**

**Unleash the adventurous learner and learn something new.**

**Suds up: Take a shower or a bath.**

**Spill the beans to a trusted ally.**

**Be a superhero and do something positive for the environment!**

*Get your game on and play ball.*

*Put nutritious food in my body.*

*Close my eyes and visualize a peaceful place.*

**Become a kind-hearted volunteer**

*Give myself a giggle with a silly activity or something that makes me laugh.*

**Boost my mood with Self-Love pep talks.**

**Garden**

**Blow some bubbles!**

*Let my ears dance to my favorite tunes!*

**Boogie and move to my favorite jams!**

**KNOW I AM LOVED**