

NATURE

Try some gardening. Plant something. Pick flowers. Go for a walk in nature. Sit in the sun. Listen to the birds. Observe the trees. Remember your favourite spot in nature and wander in it with the power of your imagination..

SELF CARE

Take a shower. Wash your face. Shave. Wash your hair. Trim your nails. Take a nap. Dress up with nice clothes. Fix your hair. Try new hairstyles .

MIND

Daydream. Meditate. Pray. Think. Try relaxation exercises. Remember beautiful moments and what emotions you felt.

PHYSICAL EXERCISE

Dance your favourite dance. Dance a free theme. Create a choreography for your favourite song. Go for a walk. Go for a run. **Go cycling.** Watch an exercise video.

CONNECTION

Contact a friend. Join a new group. Send a message to a friend. Write a letter to a friend. Reconnect with an old friend. Do a helpful action for a friend/ neighbor/ unknown. Make a present for someone. Try a spontaneous good deed. Do someone a favour. Teach someone a skill. Do something good for someone.

LEARNING

Learn a new language. Learn a new skill. Learn a new fact. Watch a tutorial video. Learn how to repair. Learn how to make a construction you like with materials that you already have.

EMOTIONAL EXPRESSION

Laugh. Cry. Sing. Paint. Write verses. Make a funny/serious video. Shout. Scream.

