



Do Something Daily That Brings You Joy!

Take Time To Nurture Yourself!



Relax with your favorite warm beverage. Notice the warmth and smell as it rises from the cup.



Unwind with your favorite scent (candle, essential oil).



Create your own positive affirmation or quote. Post it somewhere you will see it daily.



Sit in silence, meditate, pray, deep breathe, practice yoga.



Listen to relaxing music. Chant/sing a mantra. Play an instrument if you are musically inclined.



Read an inspirational, uplifting or funny book.



Move! Choose the type of exercise you prefer. Break a sweat!



Get active outside in nature. Feel the rain on your skin, brisk air in your lungs, sun on your face.



Volunteer. Look for simple ways to serve others or brighten someone's day.



Soothe tension. Take a bath, get a massage, soak in a hot tub or sauna. Spa treatment.



Watch a funny movie or TV show. Read a joke a day. Go to a comedy club.



Connect. Call a friend, relative, coworker. Let them know what you love and appreciate about them.



Journal. Write down your thoughts and emotions.



Hydrate. Increase your water intake.



Find time to unplug from technology. Turn everything off 2 hours before you go to sleep.



Revisit the past. Get back to something you loved as a child or were once passionate about.



Be curious. Explore new hobbies, places, interests, museums, learning opportunities.



Eat Healthy. Eat meals slowly. Notice the taste, texture, smell & temperature. Be thankful for where the food came from, those who grew or prepared it.



Pause. Deep breathe. “The moment negative energy moves you and you feel your consciousness start to get drawn into it, relax and release. It just takes a moment of conscious effort to decide you’re not going there. Relax your shoulders and relax the area around your heart. The moment the energy moves, you simply relax and release.” (*Untethered Soul*, Michael Singer)



Make a gratitude list. If you are unhappy or frustrated remember the things you are thankful for. **GLAD** – list one thing you are **G**rateful for, **L**earned, **A**chieved, and **D**elighted in for the day.



Celebrate something (strength, character trait) you love about yourself. Appreciate what makes you unique!



Get 7 to 8 hours of sleep a night. Give yourself permission to take a break. Nap.



Spend time with friends & family who laugh, listen without judgement and support your goals.



Be creative! Use your hands. Do arts and crafts, bake, cook, assemble a puzzle, color, doodle, decorate your home, garden, take photographs, design or build something.



Enjoy the benefit of fuzzy friends. Take in their touch, warmth, rhythm of breath & texture of fur.



Visualize a place you find calming and comforting. Pull from all senses. Recall how it feels, sights, smells, and sounds. Choose a guided visualization that resonates with you.

(2019) Developed by Sarah Kolic, OTR/L for Every Moment Counts

