

Take a bubble bath



Meditate



Make a gratitude list



Go for a walk



Light a candle



Have a dance party



Take a deep breath



Call your best friend



Journal



Wear a comfy outfit



Take a nap



Get some fresh air



Celebrate small victories



Color or draw



Compliment yourself



Watch a favorite show



Spend time with nature



Read something relaxing



Bake or cook something



Try a new hobby or craft



Do a quick workout



Organize your room or desk



Write down your dream



Listen to a good song

