

25 IN 5

SIMPLE UPLIFTING DAILY ACTIVITIES TO RECHARGE & RELAX

Listen to music
Read a short, interesting article
Take care of a plant or two
Doodle
Step outside-collect interesting leaves, shells, etc.
Walk/Jog
Listen to music
Remember the loving words of someone close to you
Sing
Pick flowers or pretty branches and put them in a cup
Write someone a quick, fun note
Grab a cup of coffee or tea and sit a few minutes
Daydream about someplace exotic
Go for a quick drive
Eat something delicious
Take a photo
Play with an animal
Read some fiction or inspirational quotes
Sit quietly alone and listen to your own breath
Write a diary or journal entry with words of encouragement
Play a game or work on a puzzle
Light a candle
Tell someone you love them
Fantasize about the future
Dance

Compliments of
Marin Integrative Therapy, LLC

www.mitcounseling.com
Find us on Facebook:
Marin Integrative Therapy

Contact Us:
marin@mitcounseling.com
Beth: 908-910-9353
Kevin: 732-267-0860