

Accept my feelings

Ask for help

Attend a Healthy Start group

Call someone to chat on the phone

Create a bedtime routine

Do something new

Donate unused belongings

Drink more water

Eat more fruits and veggies

Forgive myself

Get together with a friend

Give a hug to someone I love

Give myself time to rest

Go for a walk

Go to bed 30 minutes early

Have a cup of tea

Journal everyday for a week

Let go of a worry

Listen to a TED Talk or Podcast

Listen to some feel-good music

Make a list of few accomplishments

Make a project or craft

Make my bed

Make my favourite meal

Move my body (workout, dance, stretch, walk)

Paint/ colour or draw

Perform a random act of kindness

Plan my day or my week

Play a board game

Be mindful when I brush my teeth

Read or listen to a book

Say something nice to myself

See a positive side of a situation

Look at the stars and make a wish

Smile

Spend time in nature

Take 10 deep breaths

Take a break from social media

Take a nap

Take a nice shower or bath

Think about something nice, meditate or pray

Think of a favourite memory

Tidy up an area of my room or a drawer

Try a new recipe

Watch a funny movie

Watch the sunset or sunrise

Write one thing I am grateful for

Write things I like about myself