

TAKE A BREAK



Take a nap



Take a walk



Draw



Meditate



Have a snack



Listen to music



Go somewhere new



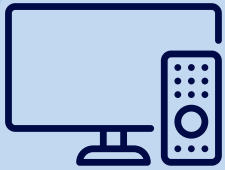
Listen to a podcast



Play a game



Go shopping



Watch a movie



Journal



Go on a bike ride



Light a candle



Pet an animal



Take a bath



Read



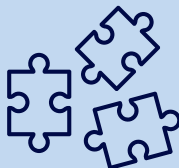
Play an instrument



Cook



Sleep in



Solve a puzzle



Dance



Call a friend



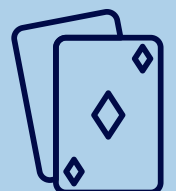
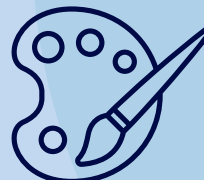
Go on a drive



Go outside



Paint



Play cards