

- write a letter to God
- light a candle for God
- cards
- learn about tarot
- playlist
- make a spiritual
- draw the face of God
- pray
- to:

These suggestions work
for any deity you relate
to:

practice spirituality

- hold an ice cube
- snap a rubber band
- draw temporary tattoos
- tear paper into shreds
- write out song lyrics
- paint your nails
- prep paper for zines
- organize books

- do yoga
- work out at home
- hike in the state park
- play ball with a dog
- go for a walk
- Eyed Joe
- dance the Cotton-
- upbeat music
- dance freestyle to

Here are some of mine:

get moving

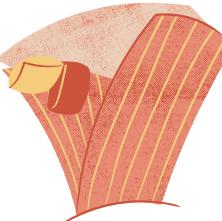


watch a comfort movie

are you overwhelmed?

it might be time to give yourself a break.

- color in a coloring book
- play a video game
- read a book
- make a hot beverage
- press pause on your commitments
- de-clutter your area(s)
- help with chores if you have the energy



are you lying on the floor?

are you sad about something?

- talk to a therapist
- express your feelings through poetry
- make a playlist for how you're feeling right now
- write out how you'd like your life to look
- set a timer and allow yourself to wallow, but you have to get up after the timer goes off



- snuggle a pet
- be a burrito
- make a fort
- stretch
- throw a little tantrum
- make angels
- Ted Lasso
- High School Musical
- Holiday in Handcuffs
- Groove
- The Emperor's New Groove
- The Prince of Egypt
- Tangled
- Beauty and the Beast
- Australia
- George of the Jungle