

## A List of things to do when you need comfort...

1. Buy yourself some flowers
2. Take a walk
3. Read a good book
4. Work in your garden
5. Drink a glass of water
6. Go to bed early
7. Play a computer game
8. Call a friend
9. Sit and watch:
  - A. Birds
  - B. Squirrels
  - C. Bees
  - D. Frogs
  - E. A lake
  - F. The snowfall
  - G. The grass grow
  - H. The wind blow
10. Breathe Slowly, Take a deep breath
11. Dance with no one watching
12. Practice gratitude
13. Pick a neglected hobby
14. Pick up a neglected hobby
15. Take a bath/shower
16. Play with a dog/cat/child
17. Cuddle with pets, kids, children
18. Spend time with friends
19. Color in a coloring book
20. Sing
21. Listen to music
22. Learn something new
23. Get a massage
24. Go for a swim
25. Clean up a messy space
26. Write in a journal
27. Write a letter to a friend, to yourself or to God
28. Pray
29. Ask yourself "What is the kindest thing I could for myself?" and do it.
30. Stop criticizing yourself
31. For just a moment, put aside fear and worry and trust your higher power