

TAKE HOME A LIST OF RELAXING IDEAS



Read fiction or a magazine

Listen to podcasts of inspiring stories

Find a new hobby or revisit an old one

Visit the library or a bookstore

Learn a new boardgame

Use online tutorials to learn something new

Declutter your closet or a “junk” drawer

Unplug from email and social media for an hour

Volunteer

Drink more water

Bake

Buy flowers for yourself

Buy flowers for a friend

Eat your favourite comfort foods

Have a bubble bath

Call or write a note to an old friend

Walk on the beach

Go to a movie

Play a round of golf

Watch some funny YouTube videos

Watch a favourite old classic film

Have a Netflix Day

Create a playlist of songs that soothe and calm you

Create a playlist of song that make you dance

Go to an antique shop or a Thrift shop

Change your hair style

Do some woodworking

Buy a new skin care produce or perfume

Sit on park bench, or a bench at the mall and people watch

Sit outside and watch the sunset or stars, or clouds

Garden

Go fishing

Go for a picnic

Swing on a swing

Set photos of your loved ones as the wallpaper of your phone or computer

Try painting, colouring, knitting, crocheting or calligraphy

Swim, run, hike, bike, walk, do yoga, dance

Do some physical activity that you enjoy

Post inspirational quotes where you see them frequently throughout your day ie bathroom, kitchen sink or on a mirror

Learn not to feel guilty when you say NO to sitting on another committee

Reward yourself for completing small tasks

Attend a church service or bible study group

Ask for help. Talk to trusted family members or friends.