

**T
A
K
E**

1. a power nap
2. a walk in the rain
3. a 10 minute time-out!
4. several deep breathes!
5. in a baseball game (Little League or professional)
6. a bubble bath and play soft music in the background

7. Dance

IT OUT



PLAY

8. some white noise, water, or nature sounds
9. an old school outdoor game like double dutch or hopscotch
10. charades with the kids

GIVE



11. yourself permission to have a scoop of your favorite ice cream or treat

12. yourself or Schedule a manicure /pedicure

13. yourself an invigorating facial with by mixing a batch of fresh avocado, water and honey.

14. Forgive (yourself & others)

100 WAYS

GO!

21. to an animal rescue shelter (i.e. PAWS) and spend some time with the doggies

22. for a swim

23. for a drive

24. window shopping

25. to bed early

26. seashell hunting on the beach

27. to your local library and read to the children for story hour



Create

35. a recipe & cook
36. a fingerpainting!
37. your bucket list

38. some daily "me time"

39. a funny story or poem

40. a quiet space in your home

41. thank you notes to your children

43. a themed collage or vision board

44. a pizza from scratch with the kids

45. a batch of spearmint tea, chill it and enjoy!

46. a batch of cookies for your neighbor and have the kids create a decorative tin for the cookies



to reduce TOXIC STRESS

47. **Indulge** in your favorite movie
48. **Spend** 15 minutes stretching
49. **Start** a garden
50. **Arrive** 10 minutes early
51. **Spend** time in nature
52. **Indulge** in a hearty laugh out loud!
53. **Schedule** a full hour body massage
54. **Spend** some time reading your favorite book
55. **Count** to 10!
56. **Start** a gratitude jar



57. **Indulge** in a glass of wine

**M
A
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E**

77. Snap pictures of nature and frame them

78. Write a love letter to yourself, your child or a loved one

79. Temporarily disconnect from social media and technology

80. Make an impromptu visit to the museum or planetarium

81. Make a doctor's appointment

82. Make a cool compress with a few drops of lavender oil on it and place it across your forehead



84. Rearrange the furniture in your home & create a new look



85. Pay someone's toll (pay it forward!)

86. Fire up the grill and have a barbeque

87. Treat yourself to dinner out

88. Leave your bed unmade

89. Change your scenery-plan a day trip

90. Hike the trail at a forest preserve

91. Replace negative thoughts with positive ones

92. Binge watch your favorite TV or Net Flix program



58. Create A To-Do List

- | | |
|---|--|
| <input checked="" type="checkbox"/> 59. Sleep in late | <input type="checkbox"/> 68. Feed the ducks |
| <input type="checkbox"/> 60. Fly a kite | <input type="checkbox"/> 69. Jog in place |
| <input type="checkbox"/> 61. People watch! | <input type="checkbox"/> 70. Ride a bike! |
| <input type="checkbox"/> 62. Make lemonade! | <input type="checkbox"/> 71. Blow bubbles |
| <input type="checkbox"/> 63. Listen to a sermon | <input type="checkbox"/> 72. Soak up the sun! |
| <input type="checkbox"/> 64. Exhale Ahhhhhh! | <input type="checkbox"/> 73. Watch the sunrise |
| <input type="checkbox"/> 65. Watch the sunset | <input type="checkbox"/> 74. Listen to an audiobook |
| <input type="checkbox"/> 66. Journal-freestyle! | <input type="checkbox"/> 75. Splash in the rain puddles! |
| <input type="checkbox"/> 67. Plant some flowers | <input type="checkbox"/> 76. Skip pebbles on the lake |

83. READ



inspirational quotes
or scripture

**BE
STRONG
FAMILIES**

93. Build a snowman with the kids!
94. Send yourself a flower delivery
95. Serve at a soup kitchen
96. Sing or hum a soothing tune

97. Break out the crayons and color!
98. Shop for a new shade of lipstick
99. Clean out your closet or food pantry
100. Light a scented candle and pray or meditate

