

TOP SHELF

Breathe & Calm

- 3 slow breaths
- 4 box breaths
- step outside and breathe

Move

- 1 minute stretch
- move to music (1 song)
- walk around the block

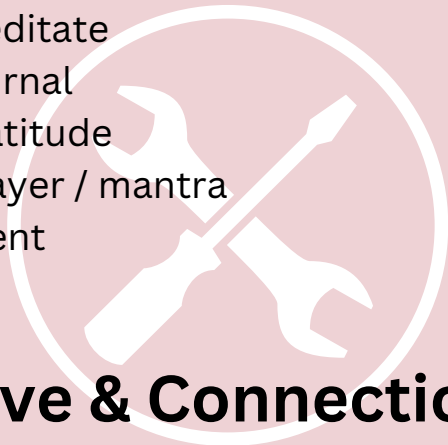
Order & Control

- put 5 things away
- 5 minute tidy / clean up

DEEPER LAYER

Breathe & Calm

- meditate
- journal
- gratitude
- prayer / mantra
- scent



Move

- longer walk
- yoga
- workout
- hike in nature
- any activity you enjoy!

Order & Control

- clean the house
- declutter
- boundaries

Love & Connection

- call a friend / family member
- play with a pet
- counselling appointment

Rest

- bath or shower
- early bedtime
- massage
- downtime
- vacation

Creativity / Joy

- hobby / creative pursuit
- joyful activities
- joyful relationships