

1. Breathe 6 in – hold 2 – out 8 (3x)
2. Gratitude Break
3. Go outside and look at the sun or moon
4. Phone a friend
5. Optimism Opportunity
6. Handstand
7. Drink Water
8. Sing Out loud
9. Downward dog or other yoga pose
10. Paint
11. Jump Rope
12. Take a hot bath
13. Sauna
14. Shaker Machine
15. Cool Shower
16. Blow out a candle
17. Watch Fish
18. Count Backwards from 100
19. Repeat a mantra or sigh or OM
20. Make a vision board
21. Give or get a hug
22. Blow on pinwheel
23. Swingset
24. Write it out
25. Paint or Craft
26. Name the emotion
27. Push against a wall
28. Crinkle tissue paper or Pop bubble wrap
29. Roll a golf ball under your feet
30. Play music
31. Dance
32. Primal Yell
33. Walk
34. Beading
35. Coloring Book/Zentangle
36. Focus on 5 Senses 5-4-3-2-1-Grounding Technique
37. Knit
38. Write yourself a letter
39. Body Scan yourself...where am I tense
40. Turn off electronics
41. Push palms together for 5 seconds
42. Chew Gum
43. Release Verbally
44. Arms to sky down to toes – Stretch
45. Watch animals
46. Scribble

47. Smell something citrus
48. Pectoral Door Stretch
49. Laugh
50. Rest or Sleep