

THINGS YOU CAN DO TO MAINTAIN POSITIVE EMOTIONAL WELLBEING

1. TAKE PART IN PHYSICAL EXERCISE, SUCH AS WALKING OR RUNNING
2. SQUEEZE ICE FOR A SHORT TIME AND/OR HAVE SAFE THINGS WITH YOU TO SQUEEZE, SUCH AS A STRESS BALL OR FIDGET CUBE
3. WRITE A POEM, STORY, SONG, SPOKEN WORD, MUSICAL
4. WRITE IN A DIARY OR JOURNAL
5. CREATE A PLAY-LIST WITH YOUR FAVORITE SONGS ON IT
6. MAKE A MEMORY BOX OR SCRAPBOOK
7. TAKE A WALK
8. LEARN TO PLAY AN INSTRUMENT OR CREATE YOUR OWN MUSIC
9. TALK TO FRIEND/FAMILY
10. TAKE SOME PHOTOGRAPHS
11. WATCH TV OR A FILM
12. READ
13. HAVE A CUP OF TEA
14. WRITE A DIFFERENT ENDING TO A STORY
15. LOOK FOR OPPORTUNITIES TO BE KIND - TO YOUR FAMILY, TO STRANGERS, TO ANIMALS
16. GO CAMPING OR BUSH CRAFTING
17. EXPLORE WHERE YOU LIVE - LITERALLY, LET THE WIND BE YOUR GUIDE
18. GO OUT INTO NATURE, APPRECIATE THE EVERYDAY BEAUTY IN EVERYTHING
19. CREATE YOUR OWN CHARACTERS OR SUPERHEROES
20. LISTEN TO MUSIC
21. HUG YOURSELF
22. LEARN A NEW SKILL
23. MEDITATE OR TAKE PART IN YOGA AND RELAXATION ACTIVITIES
24. CREATE ORIGAMI
25. LEARN TO SEW OR KNIT
26. THINK ABOUT WHAT YOU'D LIKE TO CHANGE ABOUT YOUR LIFE AND CREATE SOME REALISTIC TARGETS
27. TIE DYE CLOTHES
28. MAKE A T-SHIRT
29. WRITE A LIST OF YOUR ACHIEVEMENTS AND AMBITIONS
30. CLOUD GAZE
31. VOLUNTEER

