

# **IDEAS TO FEEL BETTER**

1. Listen to relaxing music or soothing nature sounds.
2. Enjoy a hot bath, shower or simply a foot bath.
3. Have at home or at a salon pampering session.
4. Plan your self care routines – and stick to them.
5. Take a nice nap (as long as you want!).
6. Read a positive, easy to read or inspiring book.
7. Spend some time with your pet or visit a local zoo.
8. Go to the park or any place where you can be surrounded by nature. Sit there for a while.
9. Meditate.
10. Do some yoga.
11. Remember who you are with a self discovery journal.
13. If you're religious, spend a session with God.
14. Buy yourself pretty flowers and decorate your room.
15. Put on a sheet mask and relax in a comfortable position.
16. Go for a walk or hike.
17. Buy a new perfume.
18. Plan your future goals & dreams.
19. Watch videos on Youtube.