



Take a bath



Light a candle



Read a book



Go for a run



Have a coffee



Go to a body of water



Call a friend



Take some photos



Have a good laugh



Buy and smell flowers



Watch the sunset



Have a nap



Experience the outdoors



Ride a bike



Buy a present for someone



Meditate



Listen to some music



Send a friendly email



Play with your pet



Have a sort out at home



Post on Facebook



Dance to music



Smile at people



Paint a picture





Drive in the country



Listen to guided relaxation



Prepare a simple meal



Enjoy a favourite smell



Look at the clouds



Gaze at the stars



Watch your favourite film



Gentle stretching



Go somewhere new



Take inspiration from art



Listen to the wind in the trees



Do some colouring



Do some deep breathing



Stroll in town



Sit in a park



Enjoy a massage



Support your team



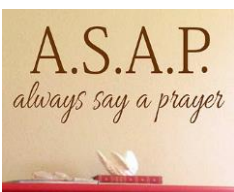
Say 'thank you'



Play with your children



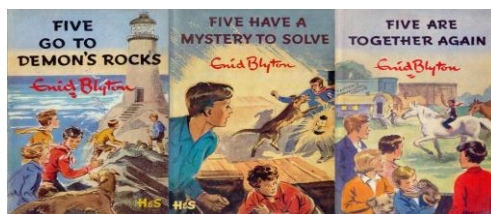
Give to charity



Say a prayer



Write a blog post



Read favourite books from childhood