

Relax Your Nervous System (without using food)

Play Classical Music
(Check out Classical Music Medley Radio on
Pandora)

Stretch

Walk By A Body Of Water
(like a lake, river, stream or mother ocean)

Go Swimming
(extra credit if you skinny dip!)

Take A Hot Shower

Enjoy A Hot Bath Bath

Visit A Steam Room

Lay On The Floor

See Beauty / Feel Beauty

Move Your Body Pleasurably

Laugh

Do 10 Minutes Of Yoga

Go For A Walk Outside

Hike In Nature

Connect With Your Higher Power

Send Yourself Love

Digest The Goodness In Your Life

Sit In The Sunshine

Watch The Sun Rise

Watch The Sun Set

Sing!

Dance!

Take A Nap

Take Deep Breaths
(inhale through your nose, exhale out your mouth)

Put Your Toes In The Grass

Cozy Up In Your Bed

Inhale The Scent Of Lavender

Meditate

Cuddle With Your Pet, Kids or Loved One

Connect With Flowers OR Beautiful Plants

Star Gaze

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