

give yourself permission
sing
breathe
read
enjoy nature
create
do yoga
play
screen-free
talk to someone
write your feelings
sunlight
affirmations
cry
ride your bike
compassion
get fresh air

when sad or worried

jump on a trampoline
reach out
move your body
bake
go for a walk
laugh
dance
practice gratitude
control
be mindful
give service
remember
listen to music
play with animals
jump rope