

Respite ideas

Eat a healthy meal

Journal

Meditation

Write down

10 things you are grateful for

Do work with your hands- playdough

Drink Water

Watch a favorite TV show or movie
draw

Doodle or

Think about a positive upcoming event

Call a friend

Read a book or magazine

Sit in the sun

Think about positive memories
flowers

Pick some

Pray
vacation

Go on a

Look at pictures of friends or family
date

Go out on a

Read letters from family members
friends

Meet with

Take a bath or long shower
game

Play a video

Eat a favorite food
cat

Pet a dog or

Watch a funny movie
water class

Exercise

Cook

Take a nap

Visit a favorite place

Blog

Listen to your favorite music
therapist

Visit a

Go outside for a walk

Go shopping

Stretch
with your hobby

Spend time

Dance
permission to let something slide

Go for a motorcycle ride

Grab some ice cream

Give self-

Yoga