

Ad



Ask for help

Bb



**Breathe
slowly and deeply**



Count to TEN

Dd



Dance!

Ee



Exercise

Ff



Feel your feelings

Gg



Gratitude list

Hh



Hug

08



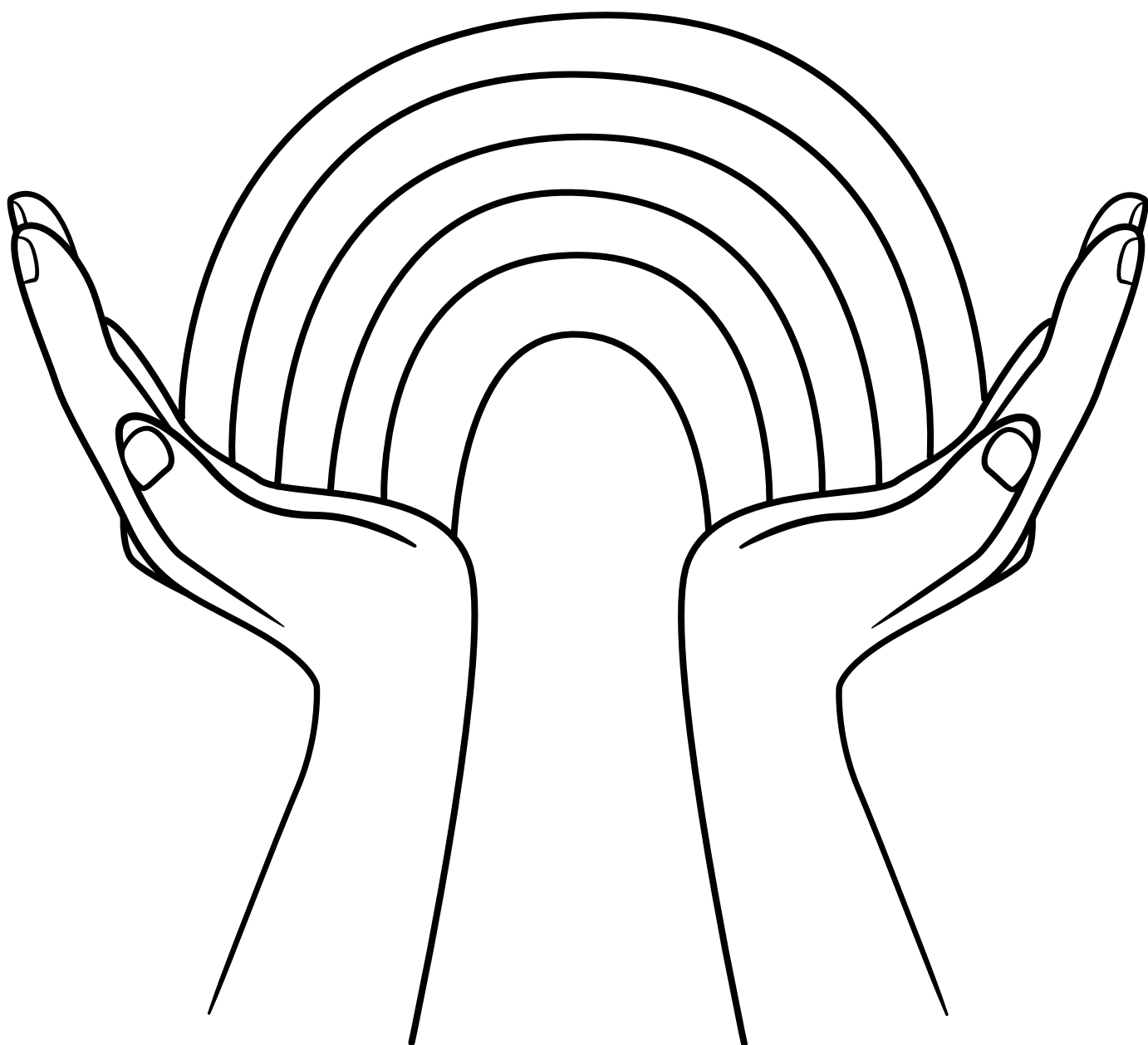
"I am" affirmations

၂၅

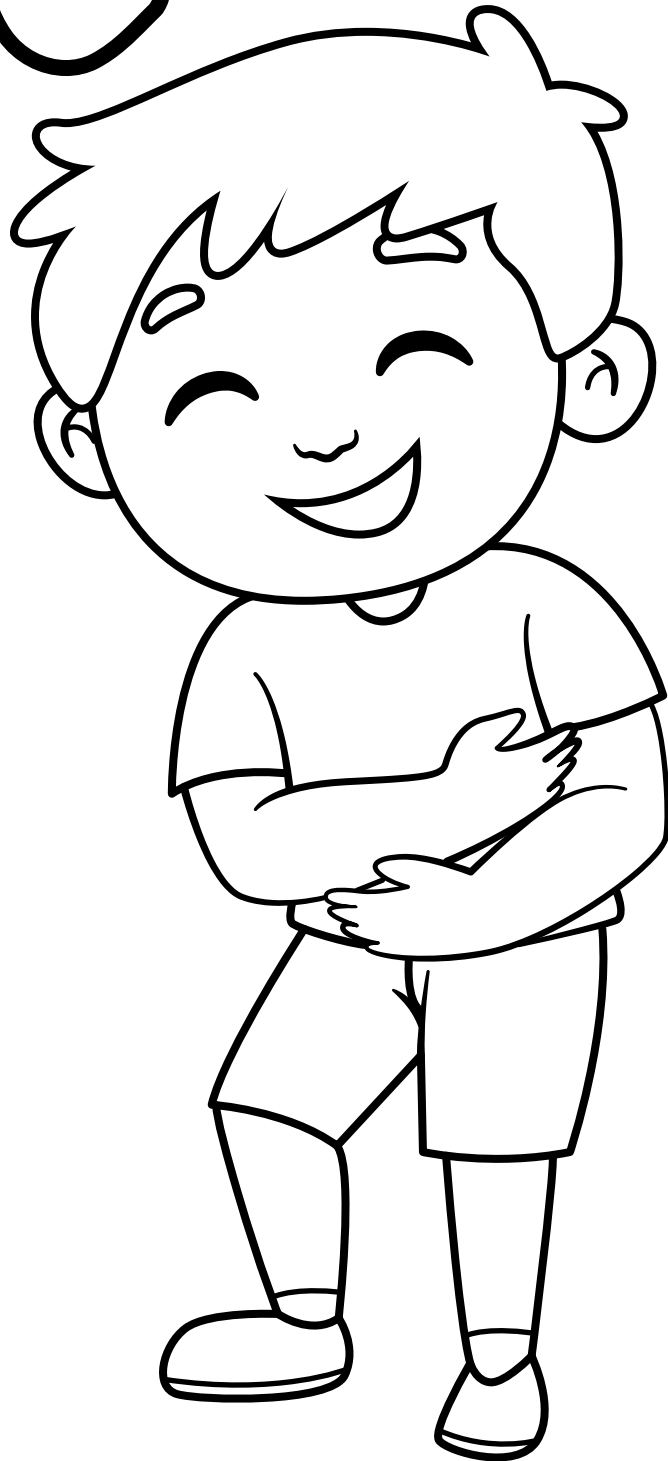
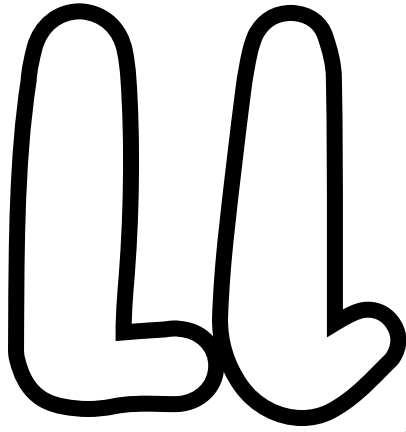


Journal

Kk

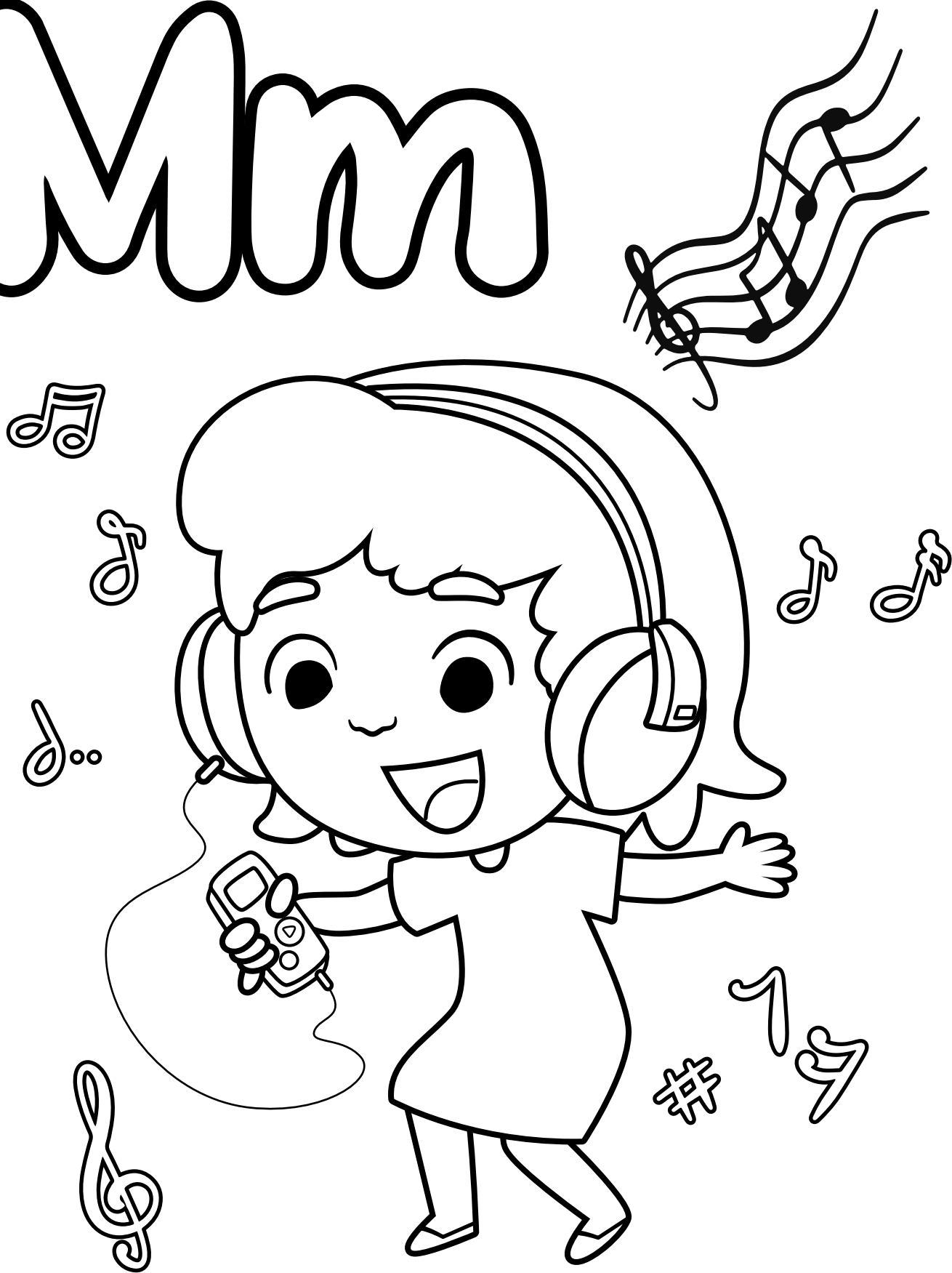


Say something kind



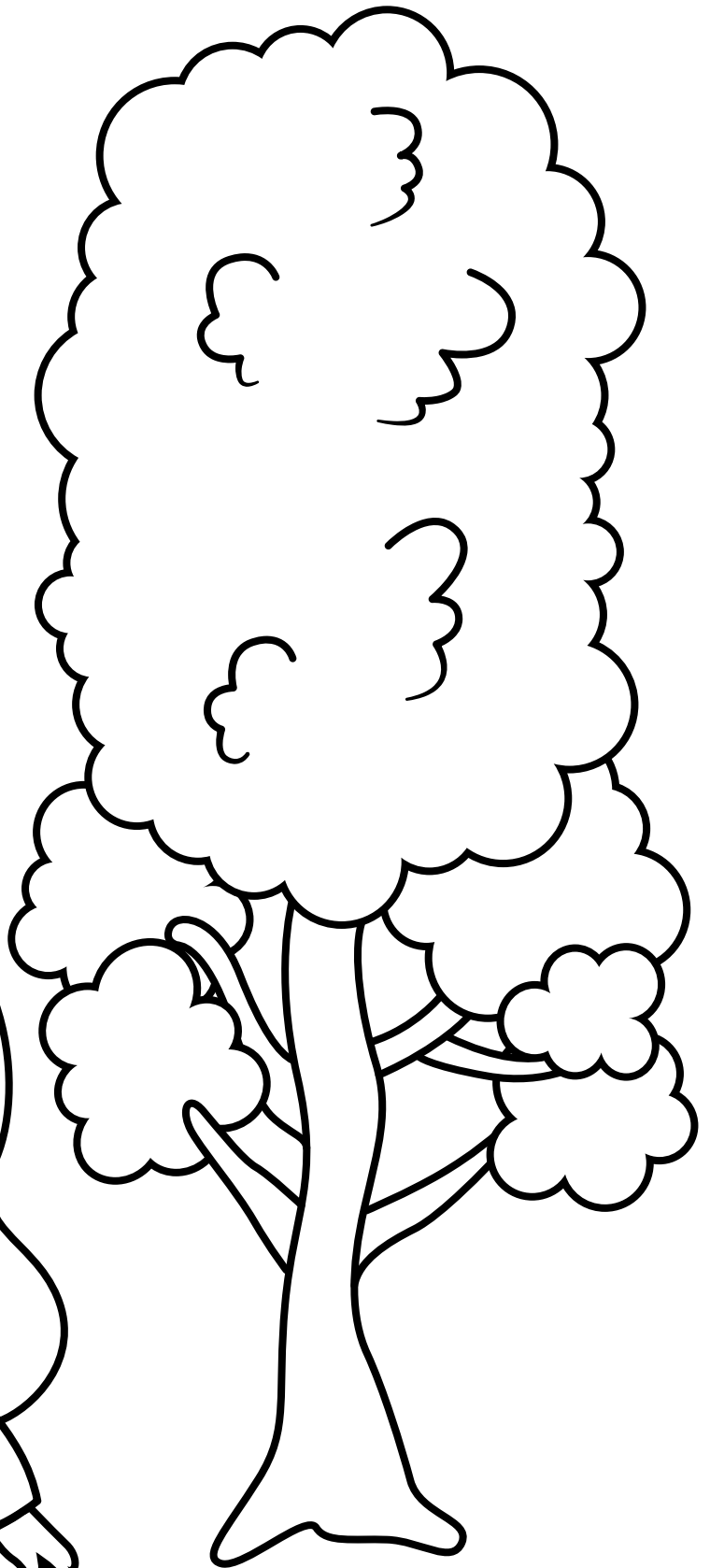
Laugh out loud

Mm



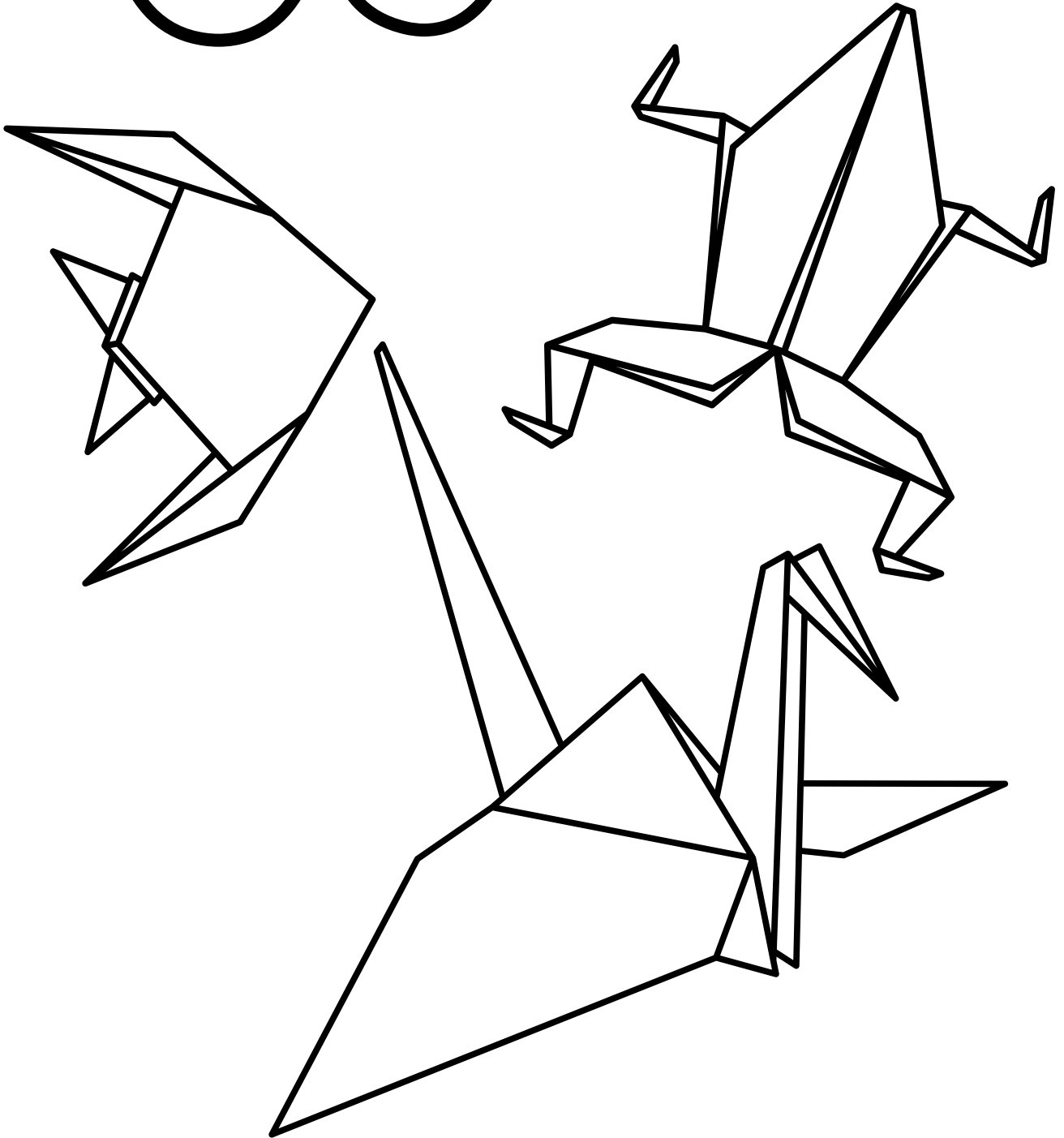
Listen to MUSIC

Nn



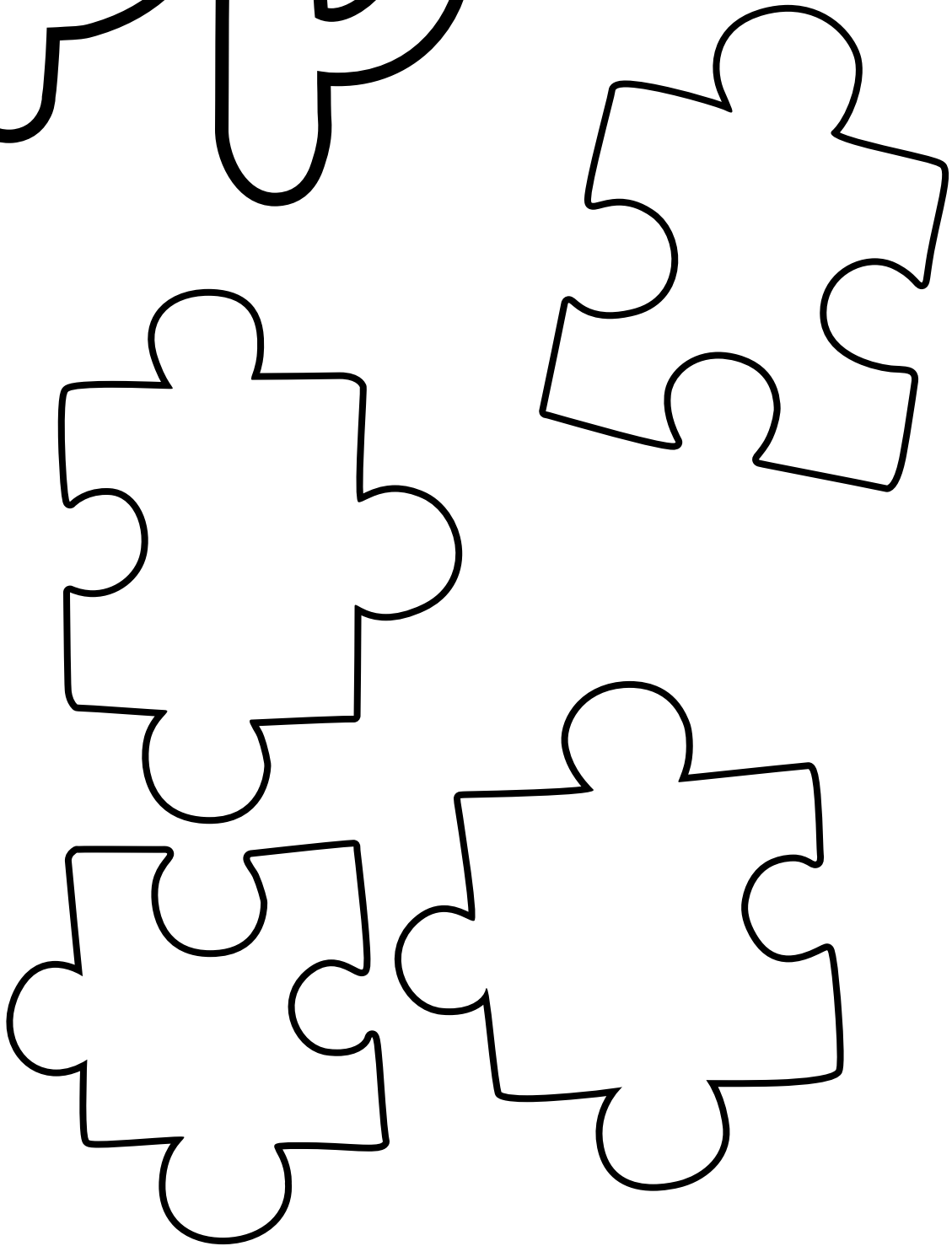
Sit in Nature

Oo



Origami

Pp



Do a PUZZLE

Qq

- BE -

A
Light
IN THIS
World

**Read inspirational
QUOTES**

Rr



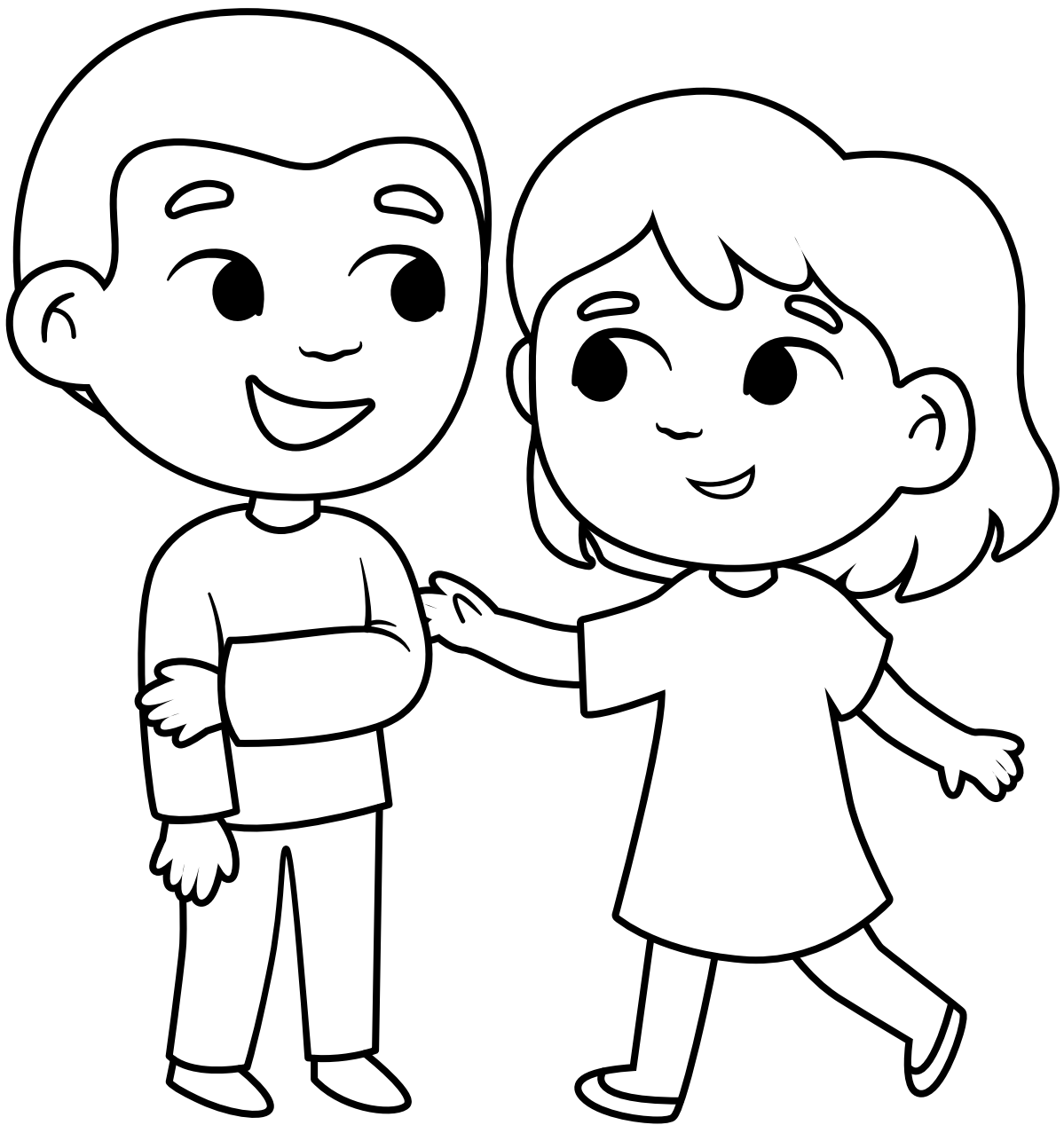
Go on a run

Ss



Sleep

Tt



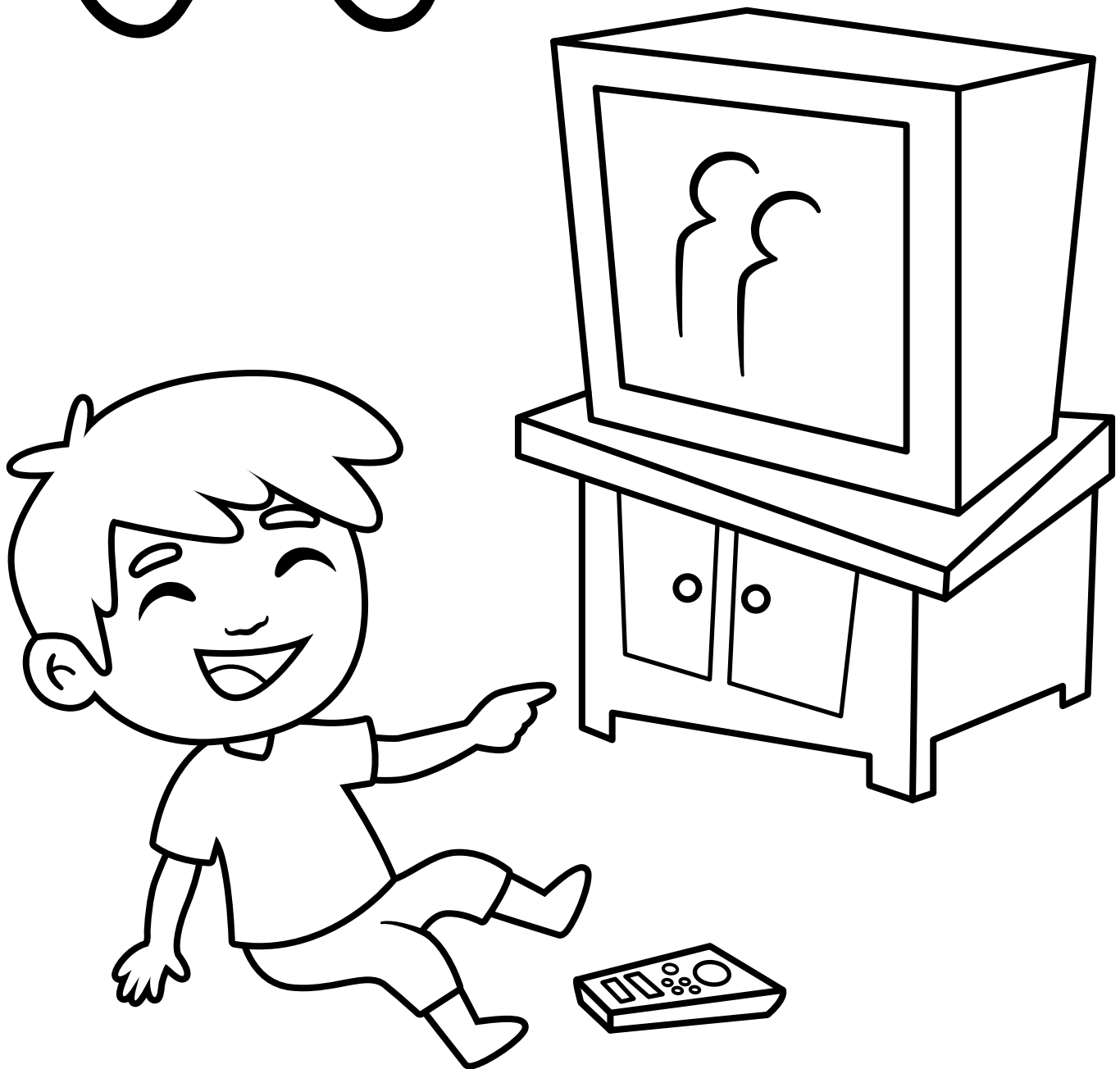
Talk to a friend

No



Unplug

Vv



Watch funny VIDEOS

Wow



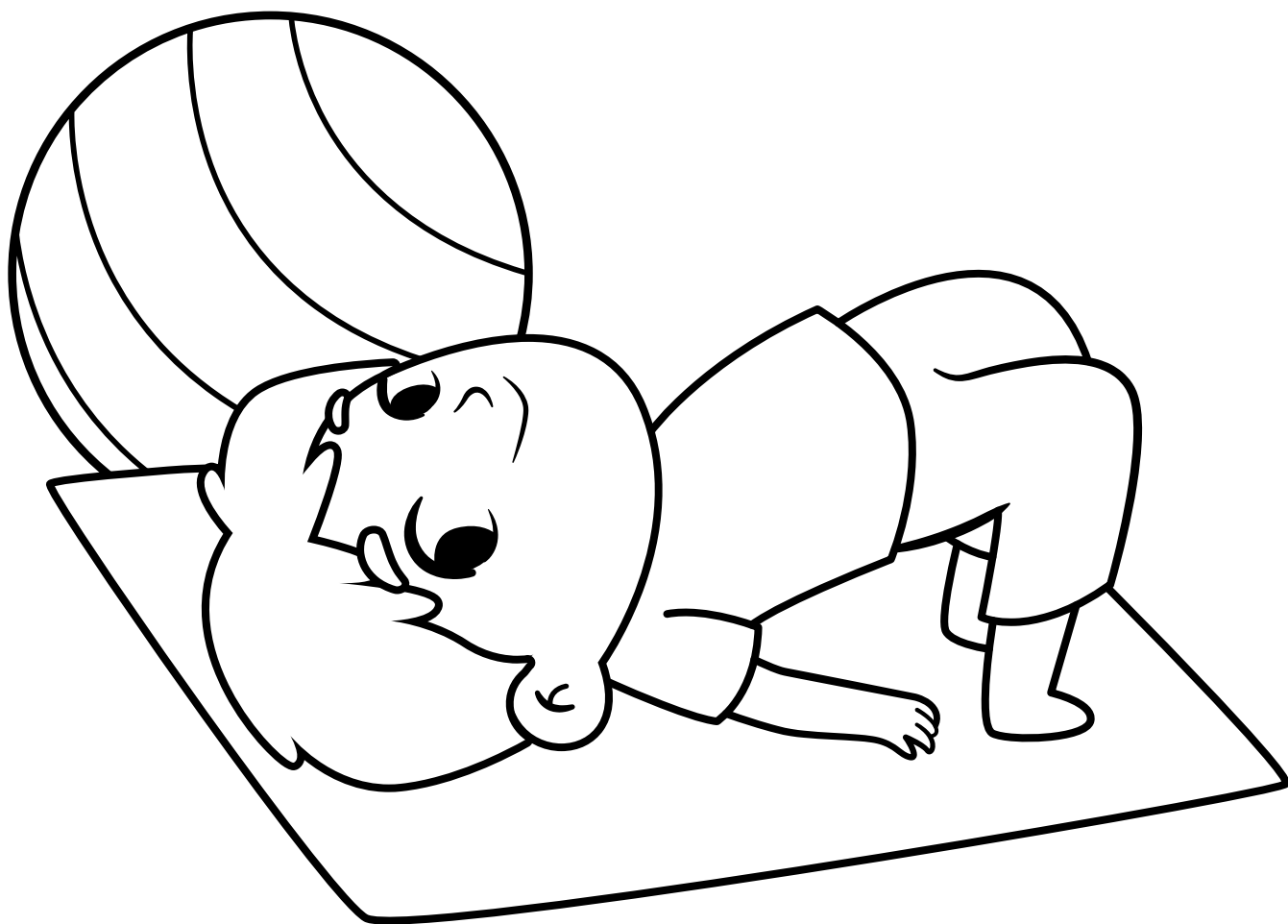
Drink enough WATER

Xx



Explore a new place

Yy



Yoga

Zz



Zen