



To reduce your anxiety, boost your mental outlook, and savor your free time, try one or more of these suggestions each day. If you finish the list, repeat!

Start a journal

- Name 10 things for which you are grateful
- Make a list of short-term goals.
- Write down 10 words to describe yourself
- Name some resources you have to help you through the pandemic
- Share something that has made you proud or happy
- Write about current challenges in your life
- Make a list of everything you'd like to say "no" to



Take a walk outdoors



in your garden, on your street or at the park

Go to bed 30mins earlier than usual



Take advantage of the unexpected gift of more time

Call someone you haven't talked to for a while



and enjoy catching up

Enjoy a bubblebath



Research something you've been interested in but haven't had the time to dive into



Hug someone



or a pet!

De-clutter your desk or a room



Spend an entire day not looking at social media



Pull out a cookbook



or go online for a recipe you've never made. This could even be a salad!

Do something that makes you laugh



Watch a sunrise or sunset



or appreciate something in nature you rarely have time to notice

Read a book or magazine



Get rid of 5 things you never use



Create a playlist of your favourite songs



from your past and play them

Unsubscribe from 'junk' emails



Send an encouraging text message



to 5 co-workers, family or friends

Wake up 30 minutes early



to meditate, pray or reflect

Listen to a podcast



on a subject that interests you

Draw or colour



Think of something you've dreaded doing and do it!



Complete it and cross it off your list

Pay attention to your breathing



relieve your anxieties by noticing if you are OK right now, with no thoughts of the past or future

Organise your wardrobe



Let go of the guilt



of something you **should** do and replace it with something you **want** to do

Increase your water consumption



Unfollow social media accounts that don't bring you joy



Clean out your garage



or a drawer or shelf

FaceTime or video chat



with family members

Try a 5min meditation



App options include **Insight Timer**, which is free, and **Headspace**, which offers 10 free sessions.

If you are worried or upset



contact family and friends, a crisis hotline, or an employee assistance program

Say a mantra



that brings you comfort, such as **I am confident**
All will be well or
May I be happy and healthy