**Gentle to Self:**
- Talk more kindly to myself
- Try to forgive myself
- Try to encourage myself rather than criticize
- Reflect on:
  - What I value most in life
  - Enjoyable moments
  - My dreams
  - What I am thankful for
- What I like to do
- Read a self-help or self-nurturing book
- Write an encouraging letter to myself
- Read the Personal Bill of Rights (see copy)
- Practice positive affirmations
- Communicate my needs/feelings to a loved one
- Say no to an inconvenient request
- Drink enough water daily
- Meditate

**Relaxation:** Get your body to relax & your mind will follow:
- Learn to relax your body and muscles
- Yoga
- Qigong
- Progressive muscle relaxation
- Guided Imagery
- Body Scan
- Acupuncture
- Massage
- Deep Breathing
- Sauna/ hot tub
- Remind yourself that it is Ok to relax
- Go look at the stars
- Watch the sunrise or sunset

**Accomplishments:**
- Make a healthy meal for myself
- Buy healthy groceries for the week
- Make a meal plan
- Go to therapy
- Do laundry
- Clean home
- Pay bills/set up automatic payments
- Donate old clothes to charity

**Pleasure:**
- Go to dinner
- Watch a movie/ read a book or poetry
- Get a massage or hair cut
- Relax at the beach or park
- Do a puzzle
- Do an art project
- Visit a museum
- Look for ideas/ events in the San Diego Reader, City Beat magazine, or meetup.com
- Visit an art gallery, walk around Seaport Village
- Go to the Farmer’s Market, buy fresh flowers

**Exercise:**
- Go for a walk
- Join a gym
- Go to a yoga class, Pilates, Zumba
- Go for a hike, bike ride, kayaking
- Walk around the beach

**Social:**
- Invite a friend for lunch
- Talk to members of the group on the break
- Attend a meetup.com group
- Go to a social group through church
- Call a friend or family member
- Send an email to someone you care about
- Take a class (Community Colleges or an art class)
- Write a letter to an old friend
- Tell someone how you feel about them

Please see the following links for relaxation:

- [https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads#muscle](https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads#muscle)
- [https://www.loyola.edu/department/counseling-center/students/relaxation](https://www.loyola.edu/department/counseling-center/students/relaxation)