



GRAPES

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://www.sandiego.edu/counseling-center/resources/relaxation-exercises.php>

