

GET ACTIVE

Exercising is a great release for nervous energy and an energy booster. It also improves a person's mood.

Go outside for 15 minutes

Ride a bicycle

Train in a martial art

Yoga/Pilates

Go for a walk

Get together with friends to play frisbee, soccer, or basketball

TALK IT OUT

Talking out your feelings and emotions helps you feel supported and understood and helps you stay in the present.

Talk to someone close to you

Text or call a friend

Talk to a therapist

SELF-CARE

Practicing self-care increases happiness, improves concentration, reduces or eliminates anxiety or depression, and improves energy.

Take a rest break

Give yourself a facial

Learn healthy habits

Watch an old, happy movie

Play a video/computer game

Make a smoothie, milkshake, or hot chocolate

Paint your nails

Make a playlist of your favorite songs

Take a hot shower or relaxing bath

Do breathing exercises

BE KIND

Being kind can boost feelings of confidence, happiness, optimism, and being in control.

Do a random act of kindness

Smile at 5 people

Play with your little brother/sister/niece/nephew

Clean up trash at your local park

Feed the ducks, birds, or squirrels

Hug a friend or family member

COPING SKILLS

It's important for kids to learn skills to manage their emotions in a healthy way. Coping skills are an effective way to help them face their fears, calm themselves down, and cheer themselves up.



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• Youth Foundation •

ENGAGE YOUR MIND

Engaging the mind allows one to feel happier and healthier and improves the thinking ability.

Learning a new language

Complete a puzzle

Read a good book

Memorize a poem, play or song

Do a word-search or crossword

Take up a new hobby

Look up new words and use them

Do breathing exercises

SELF LOVE & REFLECTION

Practicing self-love and reflection develops healthy self-esteem, develops a healthy lifestyle, and teaches how to deal with adversity.

Write yourself an "I love you because" letter

Make a list of blessings in your life

GET CREATIVE

Making art reduces stress, boosts mindfulness, and interrupts dwelling on negative thoughts.

Color or paint

Draw a picture

Create or build something

Knit or sew

Write a poem or a song

Start a scrapbook

RELEASE

Releasing lowers blood pressure, reduces pain and stress, and improves mood.

Allow yourself to cry

Rip paper into tiny pieces

Punch a pillow

CHANGE YOUR SCENERY

Changing the scene boosts mental health, helps break the monotony, creates new habits, and improves the brain's capabilities.

Rearrange furniture

Clean your room/closet

Move EVERYTHING in your room to a new spot

PLAN FOR A POSITIVE FUTURE

Planning for a positive future improves psychological well-being.

Make a list of goals for the week/month/year

Hunt for your perfect home or car online

Plan your wedding/prom/other event

Plan your dream room (colors/furniture)