

- ✓ Paint
- Solve a Puzzle
- Watch Your Favorite Show
- Eat a Piece of Candy, Just Because
- Burn a Candle
- Exercise
- Sing
- Get Busy in the Garden
- Try Yoga/Meditation
- Learn to Play the Piano
- Call a Loved One Just Because
- Take a Power Nap
- Set Aside Time with Your Partner
- Take a Bath
- Try Aromatherapy
- Squish Your Toes in the Grass
- Read a Good Book
- Journal/Write it Down
- Start a New Hobby
- No Caffeine for a Day
- Look Through Family Albums
- No News for One Day
- Do a Tea Challenge
- Practice Daily Gratitude
- Get a Massage
- ✓ Listen to Soothing Sounds
- Give a Daily Hug Just Because
- Create a Schedule
- Schedule a Weekly/Daily Video Call
- No Phone for a Day Challenge
- Delegate Duties with a Chore Calendar
- Find New Recipes
- Take a Weekly Online Class
- Do a Monthly Declutter
- Do a Fruit and Veggie Challenge
- Enjoy a Glass of Red Wine
- Follow S.T.O.P.
- See a Virtual Therapist Weekly/Monthly
- Cuddle with Your Pet Today
- Stop and Breathe Deeply
- Laugh Today
- Watch the Sunrise
- Stargaze
- Take a Healthy Supplement
- Try a Homemade Face Mask
- Watch the Sunset
- Bake
- Host a 'Parents Only' Social Gathering
- Zone Out With Music
- Share these Top 50 Ways with a Friend