

# Common Wellness Tools

Choose a couple below that you could personally benefit from.

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Reach out to a friend</li><li>• Practice exchange listening</li><li>• Use relaxation Techniques</li><li>• Pursue diversionary activities</li><li>• Journal</li><li>• Get some exercise</li><li>• Get needed rest</li><li>• Listen to helpful music</li><li>• Spend time in the sun</li><li>• Eat properly</li><li>• Plan your day</li><li>• Focus on spiritual beliefs</li><li>• Participate in creativity/art</li><li>• Limit screen time</li><li>• Read a fun book</li><li>• Read an inspirational book</li><li>• Make a to-do list</li><li>• Ride a bike</li><li>• Go for a walk by yourself</li><li>• Go for a walk with a friend</li><li>• Attend a support group</li><li>• Meet new people during an outing, like at a museum</li><li>• Enroll in art classes at a local community center</li><li>• Volunteer at a food bank or a church</li><li>• Play a team sport, like basketball, tennis or pickleball</li><li>• Just sit and think positively</li></ul> | <ul style="list-style-type: none"><li>• Write down your accomplishments</li><li>• Do a routine activity, like washing dishes or putting away laundry</li><li>• Take a break in a quiet setting</li><li>• Take a meditative walk in nature</li><li>• Perform breathing or mindfulness exercises</li><li>• Make a list of things you are thankful for</li><li>• Draw, painting, or make pottery</li><li>• Participate in a yoga or tai chi class</li><li>• Joining a hobby club</li><li>• Watch a favorite TV show</li><li>• Watch inspirational videos</li><li>• Listen to an inspirational podcast</li><li>• Read inspirational quotes</li><li>• Do something nice for someone</li><li>• Write or text something encouraging to someone</li><li>• Do something good that you don't feel like doing</li><li>• Do something to spoil yourself</li><li>• Clean or organize something in your life</li><li>• Help at a community garden</li><li>• Eat a favorite food</li><li>• Make a conscious effort to smile</li><li>• Look up funny jokes or stories</li><li>• Think about good memories</li><li>• What else would be helpful to do?</li></ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|