



# 70 WAYS TO CALM & COMFORT YOURSELF

Focus meditation	Walk your dog/pet your cat
Wrap in a blanket	Jumping jacks in place 10X
Create a tent to snuggle under	Doorway stretches
Turn down lights, turn down noise	Move mindfully, listen to your feet hit the floor
Soothing music slows your heartbeat	Power Poses, like Wonder Woman
Deep breathing	Dance like you are on stage
Choose and repeat a mantra	Call a friend, ask a specific question
5 minute Time Out	Walk your dog in the park, talk to other pet owners
Put on comfy pants and sweatshirt	Pursue social media or Pinterest
Write a Haiku	List 15 things you like about a friend, share it
Squeeze bubble wrap	Email or text someone
Blow bubbles and meditate	Vent to someone who will listen
Power journal, write about your best and worst moments	Intentionally smile
Google an intriguing topic	Delegate a task
Read or study something new	Make play doh or wiggly jello
Talk out loud to an empty chair	Knit, get your hands moving
Visualize what you want	Scrapbook, pictures
Daydream about a vacation	Make jewelry
Make a calendar or list, organize	Decorate a room, or rearrange
Memorize a poem	Create a vision board or comic book
Make a timeline of important life events	Create reminders, post-it notes
Soak in the tub with Epsom salt	Scribble, doodle, Zentangle
Essential oils, rub lotions	Draw with sidewalk chalk
Green therapy, go outside or for a hike	Repurpose old clothing
Change sensations, drink hot or cold water	Turn on the TV, host a movie or Netflix marathon
Take a power or cat nap	Flip through a magazine, tear out soothing pictures
Wind down ritual	Make a gingerbread house or food sculpture
Drink black tea or fruit herbal tea	Clean one drawer, organize your books
Self massage	Origami
Make a bucket list	Change scenery, move to a different room/space
Rub worry beads	Play a game on your phone
Run up and down the stairs 5X	Do your own pedicure or manicure
Wash your car	Make a gratitude list as long as you can
Walk for 20 minutes	Learn one new word
5 yoga poses	Chew on a toothpick