

50 IDEAS TO HELP PUT YOUR MIND AT EASE TODAY

try at least one today

- 1 Dress up for the day ahead
- 2 Play a memory game
- 3 Get some sunlight
- 4 Call your friends and family
- 5 Send a dear friend a voice note
- 6 Write an intention for your day
- 7 Play a board game
- 8 Give your plants a new home in your house
- 9 Start a herb garden in your home
- 10 Create a new morning routine
- 11 Exercise, stretch, dance
- 12 Meditate
- 13 Read a good book this week
- 14 Listen to an Audiobook
- 15 Do something creative
- 16 Order food online for an older neighbour
- 17 Take a new online class
- 18 Consider making a donation to charity
- 19 Take all the naps
- 20 Take your vitamins
- 21 Organize and decorate your bookshelf
- 22 Organize your photos on your computer
- 23 Download a new wallpaper for your phone
- 24 Zoom with your family
- 25 Complete your wanderlist for next year
- 26 Check-in on your co-workers
- 27 Create a WhatsApp group for your friends
- 28 Try a new recipe
- 29 Change the wallpaper on your phone
- 30 Make a meal plan for the week ahead
- 31 Play a board game

- 32 Teach your family a new card game
- 33 Learn a new skill like knitting or crochet
- 34 Make a new playlist for your day
- 35 Redecorate a room in your house
- 36 Do your nails
- 37 Do a hair treatment
- 38 Write 3 things you're grateful for every day
- 39 Buy a friend a gift card. It's a welcome surprise
- 40 Support a small business with an online order
- 41 Make a list of books you'd like to read
- 42 Call your neighbours to check in on them
- 43 Keep a journal.
- 44 Have coffee outdoors, if possible
- 45 Declutter your workspace
- 46 Create a spending plan
- 47 Listen to a new podcast
- 48 Learn a new skill through an online class
- 49 Declutter your wardrobe/cupboard/pantry
- 50 Set your table for a fancy dinner, using the fancy plates and all!

TAKE CARE OF YOURSELF
AND EACH OTHER

