

Drink  
Water

Take 3  
deep  
breathes

Stretch for  
10 minutes

Take a  
break from  
technology

Try a new  
Recipe

Read a  
book

Write a  
letter

Call a  
Family  
member

Learn a  
new  
language

Call a  
Friend

Try a new  
workout

Do a puzzle

Learn how  
to properly  
shuffle  
cards

Write down  
5 things  
you are  
grateful for

Properly  
clean your  
phone

Play free  
online  
games