

Drink Water	Take 3 deep breathes	<u>Stretch for 10 minutes</u>	Take a break from technology
<u>Try a new Recipe</u>	<u>Read a book</u>	Write a letter	Call a Family member
<u>Learn a new language</u>	Call a Friend	<u>Try a new workout</u>	Do a puzzle
<u>Learn how to properly shuffle cards</u>	Write down 5 things you are grateful for	<u>Properly clean your phone</u>	<u>Play free online games</u>