- Yoga
- Cleaning and tidying rooms
- Dance
- Go swim
- Gardening
- Go for a run
- Go on a short walk
- Attend a yoga class
- Walk in nature
- Walk and listen to music
- Meditate
- Sings
- _____
- _____

Relaxing Activities These are activities that relax and calm our bodies.

- Breath deeply for 3, 5, or 10 breaths
- Exercise hard
- Go for a drive
- Bubbles
- Listen to a relaxation tape
- Massage
- Yoga
- Play a game
- Progressive relaxation from toes to head
- Read in a rocking chair
- Sit in the dark
- Sit in the sun
- Take a break from problem solving – come back to it later
- Visualize a calm location
- Visualize a peaceful place
- Visualize a safe place
- _____
- _____

Emotional Expression Activities These activities give us a way to express our feelings and help us express them. Some activities require a calm but many are designed for us when we are hurt or we do not want to share.

- Play something
- Break plates
- Cry
- Empty chair technique
- Visual, sensory, aural
- Identify your feelings and underlying needs
- Journal or doodle
- Look for meaning & purpose in your struggle
- Paint a picture with your feet
- Rip something
- Scream and/or swear while driving
- Squeeze a rubber ball
- Set up practice opposite your schedule feeling
- Talk to a trusted friend/family member
- Use something to name the feelings/needs
- Write an letter expressing your feelings
- _____
- _____

Socializing Activities These activities engage us with others. They help us see that we are not alone.

- Ask for support
- Help someone in need