sing a song
take medications as prescribed
laugh
go to a forest
think happy thoughts
hopping
do a little dance
swimming
playing cards
playing softball or other team sports
talking on the phone
loving others
star gazing
reading a book or magazine
just say no to drugs and be drug free!!
play music
plant a tree and watch it grow
develop a positive attitude—look for the positives and not for the negatives & work to find positive things to focus on
work at being in control of how you respond to things
go for a walk
listen to music
write a story
humor—Look for things to laugh about!!
get enough sleep
take a nap
visit family
watch TV
talk to friends
go for a drive
take a bus ride
write in a journal
cooking
take a bubble bath
do a relaxation exercise
exercise
hug a teddy bear or a friend
go fishing
find some group activities
arts and crafts
get a massage
take time for yourself
see the doctor
go horse back riding
take dance lessons
go for a picnic
go to a movie
call a friend
talk to a minister
throw a Frisbee
go to a support group and put their meeting schedule on your calendar for the next few months
find things to believe in
set your priorities in your life carefully and try to live your life by them
volunteer work
hard work
yard work
cleaning some of the house—wash the windows, dusting, do dishes
try to do something nice for someone—a neighbor, a friend, a family member, your roommate...
play pool
go to a garden or an open house
try to remember that all problems will pass—you’ve had good times in the past and they will come again
bird watching
boating
skiing
get organized
playing with children or pets
talk about what is upsetting you so you can feel better about the problems or concerns and problem solve on how to cope with them
meditation or a time-out to relax for a few minutes
for others:
plant things—in or out of the house
show good manners
sailing
water skiing
take a nap
go to the theater
snow skiing
go to the zoo
write a poem or a mystery story
treat yourself to a soda
go to a park
write a song
study philosophy
eat ice cream
get a make-over
window shop
rafting or kayaking
go to an amusement park or recreational activity
fly a kite
ice or roller skating
go on a trip, like to Tahoe or Disneyland or just planning a trip
lift weights
blow bubbles
use your imagination and fantasize about nice places you’ve been or would like to be
play a musical instrument
look at and enjoy nature—find a rainbow, enjoy the sunset,
go to a museum
get a hair cut
whistling
whittling
choose to be happy
take care of your health—watch the kinds of food you eat, get adequate rest and exercise, see a doctor when you have medical problems and work to manage your stress especially in times of change or difficulties
lay out in the sun (don’t forget the sun screen!!)
play games
go people watching in parks or the mall
learn something new
watch a video
take a class—art, music, mechanics, drama, science, English, ceramics, public speaking
go visit someone
consider being a friendly volunteer visitor in a convalescent home
draw or paint
clean up a really dirty or messy room or closet
believe in yourself
keep up your appearance
call or go to crisis
go to the beach or the mountains
have a good cry
drink a warm drink, some warm milk and honey, with spice or vanilla can be really nice
go for a mountain bike ride
play chess or checkers—maybe with someone in the park
play solitaire—play in a room a people and see who comes to help you play
read the newspaper—see what is going on and plan to go to some of the things that are coming up

start back at the top of the list