

Learning Abroad Center

- Listen to music
- Take a shower
- Talk to a friend
- Go for a walk with several others
- Stretch your muscles
- Do yoga
- Meditate or pray
- FaceTime a friend
- Take a nap
- Watch the birds or other animals
- Make a list of things you like about yourself
- Write a poem, short story, or song
- Hum your favorite song
- Think of people who make you smile
- Make a funny short video narrating something funny from the day
- Draw or doodle something cool you've seen
- Write an old-fashioned postcard
- Make a list of new things you've tried
- Take photos of nature – no humans and nothing man[sic]-made
- Watch the clouds
- Make a list of people you look up to and why
- Make something (a craft sculpture) from local trash you collect
- Tell a kid- or dad-joke to see who you can get to laugh
- Practice progressive muscle relaxation
- Write out awesome quotes you heard today
- Listen to running water
- Take time to daydream
- Practice a breathing exercise: Trace the outline of one hand with the other. Breathe in as you slowly trace up to the tip of each finger, and breathe out as you slowly trace down to the valley between each finger.
- Practice a guided relaxation exercise: Close your eyes and identify: 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste

