

Activities which bring me joy

Check off any of the following activity ideas which you would enjoy to do. These are just a starting point. Add to the list based on what you like.

Quick (5 minutes or less)

- Take a deep belly breath
- Take 10 deep belly breaths
- Look at a photo of a beautiful vista. Imagine yourself in the centre of the scene.
- Hug someone you are isolating with. If you are alone, hug yourself. Make it a bear hug.
- Laugh
- Go outside and breathe in the fresh air. If you don't have a yard or a balcony, lean out your window.
- Take a single bite of a food you love. Savour the bite. Make it last.
- Stand up and stretch.
- _____
- _____

10 minutes to an hour

- Take a warm bath
- Put on headphones and listen to your favourite song
- Pick a colour, like green. Walk around the block and notice everything you see which is that colour.
- Go for a run
- Walk your dog
- Read a few pages of your favourite book
- Water your houseplants. Talk to them.
- Call a friend. Ask them to tell you a funny joke.
- Mediate
- Do a free online yoga class
- _____
- _____
- _____

More than an hour

- Bake a batch of cookies or make your favourite meal.
- Connect online with a friend and teach them how to do something
- Weed your garden
- Read a few chapters of a great novel
- Solve a puzzle
- _____
- _____