

CHOOSE YOU

Menu



MAKE TIME

- Study
- Play with your kids/pets
- Date night with your partner
- Get intimate (alone or with (a) partner(s))
- Therapy
- Journaling
- Call or hang with a friend
- Organize your personal space
- Pamper yourself
- Go to the doctor/dentist/other appointment

GET MOVING

- Yoga/Stretch
- Go for a walk/run
- Dance
- Go to the gym
- Ride your bike
- Play outside
- Go to the park



USE YOUR HANDS

- Paint/Draw/Sculpt/Sew/Knit
- Do a puzzle
- Garden
- Build something (LEGO, play-doh)
- Play a board or video game
- Cook/bake something yummy