



Nifty Fifty Ways to Self Refresh

1. Relaxing Music (iPod, Songza, Pandora)
2. Find the humor
3. Funny video collection (cats, kids, clumsy moves)
4. Build a Support Team
5. Ask for help – don't assume
6. Eliminate clutter/focus on one thing
7. Aromatherapy
8. 5-10-5 breathing
9. Surround yourself with things that refresh/Lift your eyes!
10. Be still
11. Do something different
12. Words of inspiration/post it
13. Journal/track feelings
14. Date your mate- TV kisses
15. Girls/Guys Night Out
16. Visit your therapist
17. Hit the stress button/Find your safe place
18. Solve a riddle
19. Finish something
20. Brain dump
21. Be CAYG (Clean As You Go)
22. Cross-body activity
23. Manipulatives
24. Read
25. Puzzles- Crossword, Sudoku, Wordsearch, What's Missing
26. Words with Friends
27. Luminosity.com/Mindgames.com/Happy-Neuron.com
28. Take a class/Enjoy your hobby
29. Take a vacation
30. Dance!
31. Exercise- even chair push-ups help!
32. Stretch!
33. Physical chores- Garden, pound nails, walk the dog
34. Get outdoors
35. Sleep or Power nap (Less than 20 minutes)
36. Hand, foot, shoulder massage
37. Apple a day and other healthy eating habits
38. Hydrate
39. Trip to the thrift store
40. Swap meals, kids, household chores
41. Be silly
42. Cuddles and kisses
43. Don't get desperate – USE RESPITE!
44. M & M meditation
45. Breath prayers
46. Memorize Scripture
47. Use a worry box
48. Give thanks
49. Serve others
50. Participate in a faith community

