While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don’t be afraid to try something new. Try one of these self-care activities the next time you need to take a step back, breathe, and focus on you.

**Mind**
- Start a gratitude journal
- Take a break
- Set an intention for the day
- Start a project (woodworking, paint a room)
- Try something new
- Acknowledge something you’ve done well lately
- Read a book
- Express your feelings

**Body**
- Go for a walk, run or bike ride
- Do yoga
- Do some pushups
- Hit the driving range or batting cage
- Breathe slowly three times
- Take a bath
- Prepare your favorite meal
- Get a massage

**Scenery**
- Get out into nature
- Watch a sunset or sunrise
- Go to the dog park
- Go to the movies
- Make an area of your home tidy and comfortable
- Go for a drive with the windows down
- Watch a sporting event
- Meet a friend in the park

**Soul**
- Volunteer for a cause
- Ask for help (or a hug)
- Tell someone you love them
- Follow social media that makes you feel good (and filter out the rest)
- Leave work on time (to rest and restore)
- Set boundaries for yourself
- Write a poem
- Call a friend
- Frame a favorite photo and put it where you can see it
- Get out into nature
- Watch a sunset or sunrise
- Go to the dog park
- Go to the movies
- Make an area of your home tidy and comfortable
- Go for a drive with the windows down
- Watch a sporting event
- Meet a friend in the park

American Foundation for Suicide Prevention (AFSP) information: Visit afsp.org for more resources on suicide prevention.