

# feeling down??

Workout!!



Call a friend!



Stress cleaning



Look at the big picture & think about your life

have a cup of your fav beverage



Jam out & dance



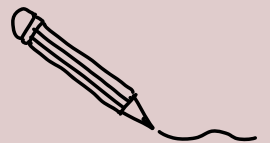
listen to a good Podcast



walk around and fly planes



Sketch / Create something i.e. on your mind lately!



Read a novel OR magazine!!

ZZZ  
take a nap!

ride a bike!

