

# Relax, Refresh...Reset!

**It's important to have peace and balance in our lives, especially during the pandemic. Use this list of ideas to take time for you!**

## ***Get Your Body Moving***

- Play Basketball
- Take a walk, hike or run
- Go for a swim or put your feet in the water
- Garden (balcony or indoors)
- Go fishing
- Exercise at home
- Dance
- Go for a bike ride
- Yard work
- Lift weights

## ***Go Outside!***

- Visit the library or museum
- Sightsee in your local area
- Try out a new coffee shop or bodega
- Stop by a local park
- Share seeds
- Change your scenery
- Engage in a random act of kindness
- Watch the sunrise or sunset
- Go to the beach
- Attend or watch a local sporting event

## ***Have Some Fun, Express Yourself!***

- Sing
- Play a game
- Get together with friends and family
- Play with your kids
- Spend time with your pet
- Play an instrument
- Enjoy a good laugh
- Rearrange a room
- Make arts and crafts
- Doodle, draw, color or paint
- Play with modeling clay or play-doh
- Make a special meal or treat to share

## ***Find Your Peace***

- Worship, pray and connect
- Recite self-affirming statements
- Enjoy your favorite coffee or tea
- Read a book or stream a movie
- Perform a smudging ritual
- Write a gratitude list
- Unplug from technology
- Attend a sweat lodge ceremony
- Listen to music or journal
- Practice Tai Chi or meditate
- Relax or take a nap

***Add your own special activity!***

