

# 26 THINGS TO TRY

## *when you're feeling*

# OVERWHELMED

- Do 10 jumping jacks!
- Make yourself a hot cup of tea
- Call a close friend
- Go for a 10 minute, electronic-free walk
- Watch a funny YouTube video
- Brush your teeth
- Make a list of three things you are thankful for
- Write in a journal
- Put on your favorite record
- Find a new recipe to try
- Explore a new station on Pandora
- Play a board game with a friend
- Take a hot shower
- Make fun plans for the weekend
- Take a nap
- Watch your favorite movie
- Volunteer your time
- Know someone with a pet? Ask to sit/pet/walk it.
- Have a dance party
- Give someone else a compliment
- Find a good book to start reading
- Give yoga a try
- Sing in the shower
- Construct a haiku
- (Share it with all of your friends
- Admire your fine work!)
- Find a buddy and play a round of rock, paper, scissors
- Buy yourself a plant