

| Activating Activities | Soothing Activities |
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| <p>Bike ride Chop wood Cleaning Climb stairs Dance Exercise class Garden Go for a run Have a picnic Hit or throw a ball Jog Gym Kick something Play a sport Stretch your body Walk or hike Work out Wrestle Yoga Walk Weights Washing Dishes Give someone a present Do something thoughtful Make something for someone</p> | <p>Be aware and let sounds come and go Breathe deeply Brush hair Bubble bath Count to 10 Create art Create meaning/purpose from distress Do nails Enjoy sounds / smells of nature Exercise hard Favourite non-alcohol drink Fire in fireplace Focus on any positive aspects in your life Go to a beautiful place Go for a drive Hobby or craft Have a good meal / nice snack Imagine a relaxing scene/safe place Imagine coping/distress flowing away/distress passing Look at beautiful art or scenery Light a candle Listen to a relaxation tape Massage Nap Pat dog or cat / Look after my pet (app) Play a game Pray Progressive relaxation from toes to head Read Relaxation Download Rock in a rocking chair / Go on swings Shower Singing Sit in the dark Sit in the sun Slow breathing Soothing or invigorating music Soak feet Take a break from problem solving - come back Tense and release muscles Think of your spiritual values Smile Laugh out loud Visualize a holiday / peaceful / safe place Watch the stars</p> |
| Emotional Expression | |
| <p>Assert your feelings and needs Bite something Break plates Cry Empty chair technique Grunt, stomp, shout Identify feelings and needs Journal or doodle Jump & Shake Look for meaning & purpose in your struggle Pound a pillow Punch the air Rip something Scream while driving Squeeze a rubber ball Stir up opposite emotions Talk in a loving manner Visualize a drain Write a letter expressing yourself</p> | |
| Social Activities | Things You Find Helpful... |
| <p>Ask for support Be with people you admire Call a friend or family member Give something to someone Go to a religious service Go to a support group Go to an event Help someone in need Listen to another's perspective Make eye contact and smile at others Random act of kindness Reconnect with an old friend Spend time with positive and uplifting people Visit family or a friend Volunteer</p> | |