

**Do Something
Good For
Someone Else**

**Play with
a Pet**

**ENJOY a
SCENTED
SHOWER**

**Take a
BUBBLE BATH**

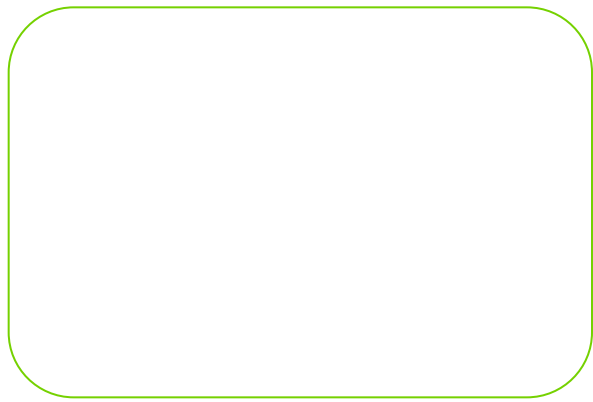
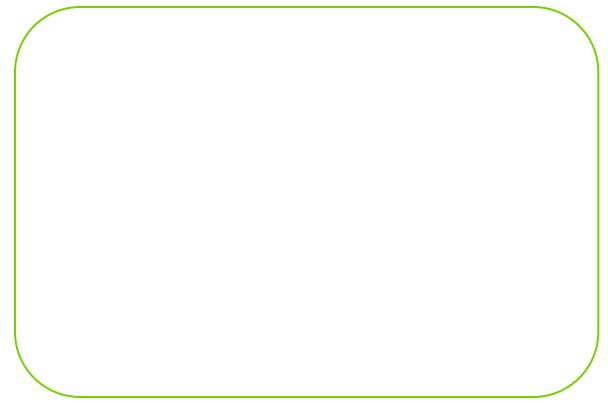
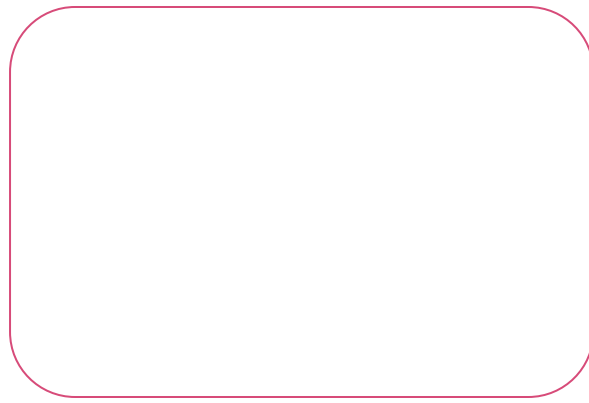
**Chat with Friends
while walking
around (Phone)**

**Play a Game
or do
Crossword
Puzzle**

**Go Outside
and Soak up
the Sun**

**BUY a BUNCH
OF TULIPS
AT THE MARKET**

**Listen and Dance
To Your Favorite
Upbeat Song**



Write in your favorite pleasurable activities – Print, cut out and put them in your “comfort box” !