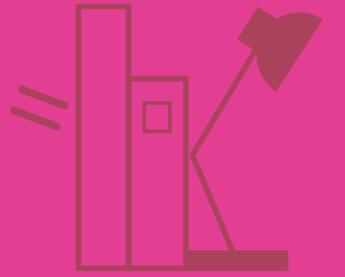




# BE KIND TO YOUR MIND



40+ Ways To  
Practice Self-Care & Stress Management  
from Counseling, Health & Wellness

**Get Some Sleep**

**Buy Yourself Flowers**

**Go for a Bike Ride**

**Watch a Movie**

**Make a Vision Board**

**Call a Friend**

**Go Hiking or for a Walk**

**Turn Off Social Media**

**Get Outside**

**Practice Yoga**

**Do a Guided Meditation**

**Listen to Music**

**Write a Letter**

**Color or Draw**

**Words of Affirmation**

**Read a Book**

**Ask for Help**

**Make a Worry List**

**Take a Bath**

**Schedule Down Time**

**Stretch**

**Get a Hair Cut**

**Let It Out & Scream**

**Just Breathe**

**Go to the Park**

**Let Yourself Cry**

**Go to the Library**

**Make a Goals List**

**Laugh**

**Start a Gratitude Journal**

**Sing or Play an Instrument**

**Take Yourself on a Date**

**Bask in the Sunshine**

**Get Rid of Unused Things**

**Go Through Old Pictures**

**Drink Tea**

**Help Others**

**Organize Your Space**

**Pet an Animal**

**Paint**

**Cook**

**Set Boundaries**

**Join an Exercise Class**

**Use a Face Mask**

**Talk to a Higher Power**

**Take Breaks**

**Get a Massage**

**Write a Poem**

Continue this practice by relaxing in massage chairs, sipping tea, coloring, & MORE at Suffolk University's Wellness Resource Center!



**SUFFOLK  
UNIVERSITY  
BOSTON**

COUNSELING, HEALTH  
& WELLNESS

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