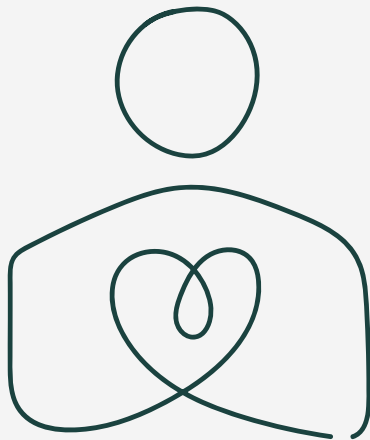# 25 WAYS TO IMPROVE YOUR DAY

Simple self-care strategies to help you feel better

Put things into perspective [What is truly important?]

Take a quick walk

Laugh at something silly

Do a random act of kindness

List three things that make you smile

Call or text a friend

Take a power nap [less than 20 min]

Drink water

Check your posture and readjust

Take three deep breaths

Unplug

Listen to calming music

Change up your environment

Get some fresh air

Eat a balanced meal or snack [focus on protein and produce]

Do just one thing a at time

Draw, doodle, or create something

Tell yourself you're doing a good job

Write down what is frustrating you and/or causing you stress

Take a break

Stretch your body

Pet a dog or cat

Ask for help

Set a boundary

Organize or tidy up something [a drawer, a file, your desk, etc.]

For more ideas, visit healthmatters.idaho.gov