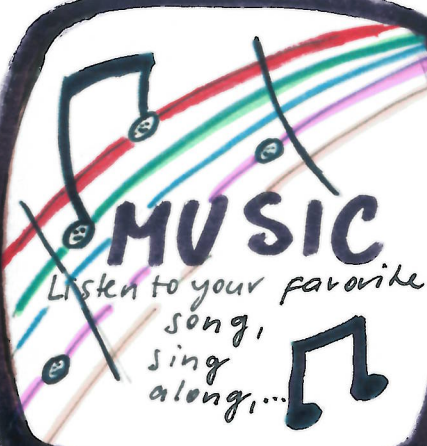




**EXERCISE**  
Walk around, run, stretch,  
jump,...



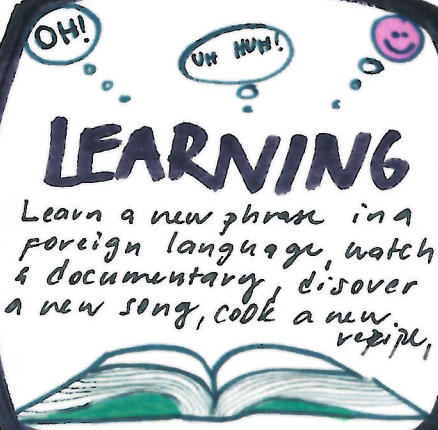
**CREATING**  
Draw, take a photo,  
write a poem,  
or a song!...



**MUSIC**  
Listen to your favorite  
song,  
sing  
along,...



**TOUCH**  
Get a massage, pet a  
dog,  
hug,...



**LEARNING**  
Learn a new phrase in a  
foreign language, watch  
& documentary, discover  
a new song, cook a new  
recipe,...



**BODY CARE**  
Take a bath, go to sauna,...



**SUN**



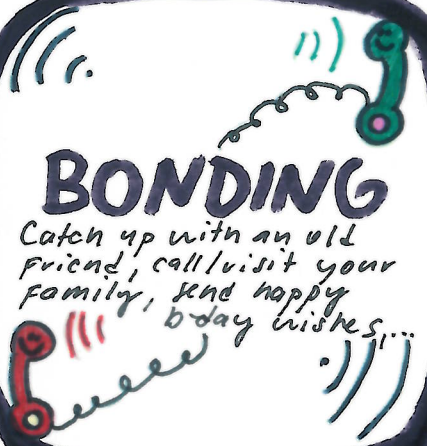
**MEDITATION**



**COLD  
SHOWER**



**WIN**  
Cross out stuff from your  
to-do list, list what you've  
achieved and celebrate  
(high-five with someone,  
do a victory dance)...



**BONDING**  
Catch up with an old  
friend, call/visit your  
family, send happy  
birthday wishes,...



**GOOD  
DEED**  
Smile!, give a  
compliment!, recycle!,  
offer help, donate!,  
volunteer,...