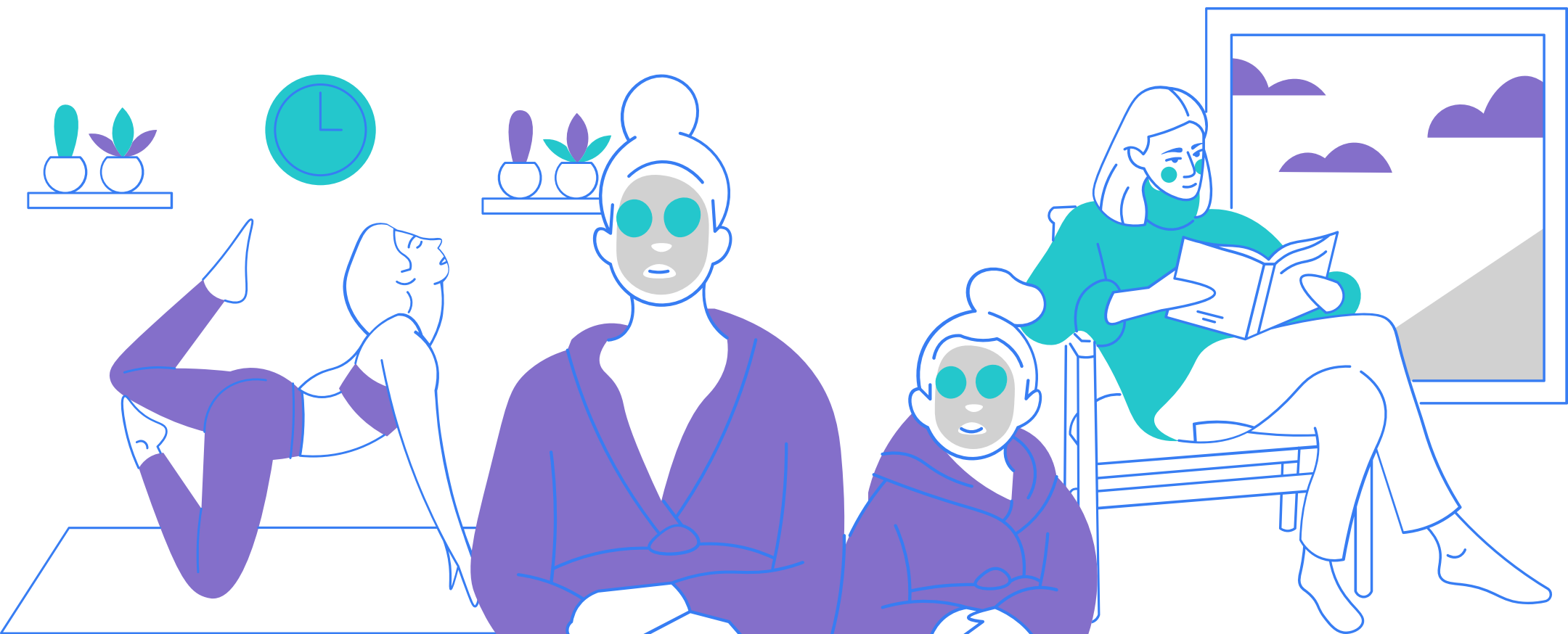




# relaxation ideas



- Reading
- Walking
- Exercise
- Video games
- Crafts
- Bath or shower
- Writing
- Journal your day
- Eat your favourite food
- Talk to a friend (or stranger)