

## SELF TIME ACTIVITIES

- Coffee Break or Juice it Up ☺
- Walking
- Make a dream catcher
- Visit beach/river
- Play or walk pets
- Phone a friend
- Catch up for a coffee/chat/lunch
- Join a craft group
- Develop a hobby! (new or old)
- Do something meaningful to you
- Reading
- Journaling
- Make a jigsaw
- Colouring (mindfulness)
- Arts & Crafts
- Knitting & crochet
- Watch favourite TV shows or movies
- Pamper yourself Massage, Facial, Manicure, Pedicure, Hair
- Take a bubble bath
- Visit art galleries
- Visit museum
- Join a book club
- Dancing or take dancing lessons
- Visit library
- Check out what's on in the community or Meetups
- Volunteering
- Start a family history or memoir
- Exercise! Yoga, Pilates, Swimming
- Hydrotherapy
- Mindfulness
- Download Smiling Mind App and do daily
- Volunteering
- Sweeping
- Snoozing
- Listen to music
- Visit someone out of town
- Plan a trip
- Take a cooking and baking class

