

Connect

Apologize

Was there a conflict?
Were feelings hurt?



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Connect

“Fix It”

Is there a way to
“repair” the situation?



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Connect

Pay It Forward

Is there something
to be learned?



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Connect

Help Someone

How can I invest my
concern/conviction?



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Connect

Seek an Expert/Mentor

Who can I learn from?



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Connect

Build a Tribe

Do others need to
connect about
this too?



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Connect

Ask for Help

Can someone else
help me with
this problem?



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Physiology

Care for Self

How can I improve my
health to help with
this situation?



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Do/Create

Do Your BEST Work

What could I do better
or improve on?



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Do/Create

Commit

A new routine, project, mission, or mindset.



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Do/Create

Learn

What can I learn to improve the situation?



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Do/Create

Create Something
Bake, design, write, build, grow



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Do/Create

Rearrange or Organize
Are there better ways to handle this?



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Mindset

Follow It Back to the Cave
What are my emotions trying to tell me?



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Mindset

Pray
How can I get help from my higher power?



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Mindset

Meditate/ Be Mindful
How will a clear mindset help me?



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Mindset

Choose Your Attitude
How do I want to BE around this situation?



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Mindset

Express Gratitude
What should I be grateful for?



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Mindset

Clarity

Determine what you can change and what you cannot change.



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Mindset

Let It Go

“Is it best to let go of this issue?”



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Mindset

Reevaluate Priorities

“What is most important right now?”



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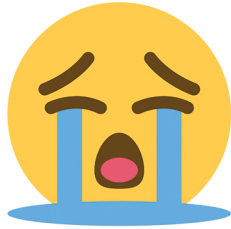
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Physiology

Cry

Let it all out!



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Physiology

Laugh

Watch something funny.



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Physiology

Breathe

Pause and take several deep breaths.



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Connect

Bond

with an animal.



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Connect

Talk

Chat with someone you trust.



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Mindset

Gratitude

Think about/write down FIVE things you are thankful for.



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Mindset

Choose Your Attitude

Will it build you up or hold you back?

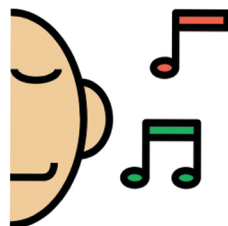


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Do/Create

Listen

Get lost in a song.



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Do/Create

Read

Get lost in a book.



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Mindset

Mindful

Take a few minutes to practice mindfulness. If it helps, download a mindfulness app.



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Do/Create

Write

a letter, a song, or in a journal.



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Do/Create

Step Back

Walk away. Take a break from the situation.



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Do/Create

Create

**something beautiful out of your pain.
Art * Music * More?**



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Physiology

Strike a Pose

Do some yoga.



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Physiology

Pump

Do some push-ups.



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Physiology

Take a Nap

Zzzzzzzzz...



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Connect

Do something kind

for someone else.

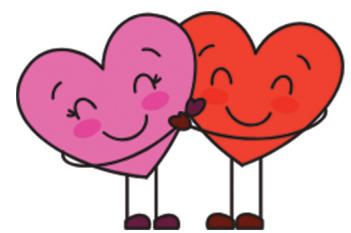


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Connect

Hug

a loved one, a friend, a pet, a stuffed animal.



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Mindset

Pray

**Do you connect with
a higher power?**



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Do/Create

Play

**a game. with a pet.
a sport. with a child.**



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Do/Create

Draw

**a picture or
simply doodle.**



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Do/Create

Color

**a picture or
a piece of art.**

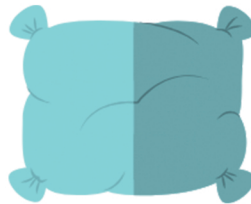


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Physiology

Punch a Pillow

**or punching bag or
something that won't
hurt you or others.**



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Physiology

Walk

**Go for a walk around
the room or
around the block.**



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Physiology

Hydrate

**Refresh yourself with
a glass of water.**



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Connect

Visit

**a friend, a neighbor,
or a senior center.**



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Physiology

Jump

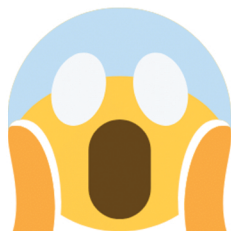
**Do some
jumping jacks.**



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Physiology

Scream
into a pillow.



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Do/Create

Music
Play an instrument.
Write/sing a song.



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Physiology

Eat
a healthy snack.



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