



**CONNECT WITH
OTHERS**



**BUILD
COMMUNITY**



**LISTEN TO
MUSIC WHILE
YOU DO THE
DISHES**



**HAVE A HOT
BATH**



DRINK TEA



**MAKE A DOODLE
WALL**



**SPLASH PAINT
JACKSON
POLLOCK STYLE**



**HAVE A CRAP
JOURNAL**



**HAVE A
GRATITUDE
JOURNAL**



CHOP WOOD



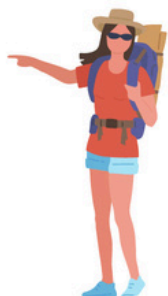
EAT CHOCOLATE



JOG



**LAY ON THE
COUCH AND
IMAGINE STUFF**



HIKE



**DANCE IN THE
GRASS**



LIE IN A SUNBEAM



**READ A BOOK AND
FALL INTO
ANOTHER WORLD**