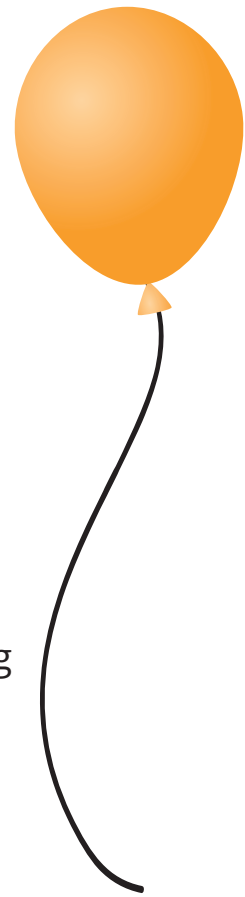


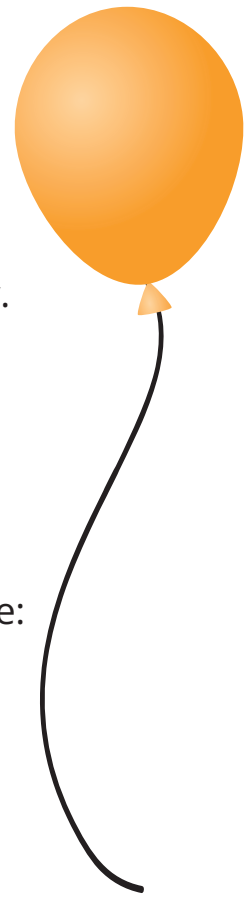
# At-the-Ready Relief & Respite Rescues



- Look around you. Find one thing—right now—to smile about.
- Deeply inhale. Smell something that smells uplifting—a flower, a favorite lotion, vanilla extract, anything!
- Wrap yourself in something soft.
- Take a no-work, no-chore hot shower. (Bonus points if you include music.)
- Take a 24-hour social media vacation.
- Remember one specific thing you're proud of.
- Relive a favorite memory.
- Breathe deep and exhale slowly three times. (It's the process of breathing out that will slow down your heart rate and help you feel calm.)
- Close your eyes and picture something you love—a person, a sunny day, your favorite color, anything that brings you joy.
- Identify three specific things you're grateful for.
- Think of one specific thing you're looking forward to—an event, a hot bath or shower, a stick of gum, anything.
- Recall a funny memory and let yourself laugh out loud.
- Take a warm bath with dim lighting. (Bonus points for music and/or aromatherapy bubble bath.)
- Slowly rip a piece of paper into the smallest pieces possible.



- Stop whatever you're doing and listen to your favorite song.
- Escape to a cool, dark closet for a bit of instant calm.
- Stand under a heat lamp (or near a bright window) to soothe yourself and lighten things up.
- Run a washcloth under hot water, wring out the excess water, then place it on your face.
- Roll an empty can (or small ball) under your feet for a quick, free massage.
- Brain dump, vent, put your rage on a page. Get all that's eating you up down on paper.
- Close your eyes. Identify five different sounds around you.
- Put on noise-canceling headphones (without music) to take a break from noise pollution.
- Immerse yourself in a magazine article or video about anything—and only something—you enjoy.
- Linger and luxuriate over a favorite drink. Sip it. Savor it. Enjoy every sensory experience it has to offer. Breathe deep the smell of it. Feel the temperature of it as you hold it. Then, drink it. Take note of its color. Listen as you pour it into your favorite mug, cup, or bottle.
- Doodle, color, or write a bit in cursive. Remind yourself it's not what you create or write. It's the creative and soothing process of doing it that will help soothe you.
- Create and use a self-solace space. This can be a private and quiet corner of a room, a favorite chair, or even just a journal or notebook. Whatever it is, create a personal, relaxing retreat for yourself and guard it vigilantly. Keep it. Honor it. Use it, and it will help you immeasurably.



- Write a letter to encourage yourself as if you were a friend. Give yourself grace!
- Automate a necessary task to create some free time. Pull out the crockpot and let it cook dinner. Purpose to only purchase “no-ironing needed” clothes. Utilize grocery pick-up or delivery.
- Ask for help. Find one thing—and at least one way—to get off your plate.
- Embrace the power and freedom of “good enough.” It’s not about lowering the bar. It’s about knowing what requires your full effort and time and what really doesn’t it. (Word to the wise: Done is often better than perfect. Appreciate this truth. Then, give yourself this gift.)
- Spend time with your favorite belonging. It could be a soft blanket, a love book, or pretty flowers. Whatever it is, afford yourself time to enjoy it! If it brings you joy, it’ll help you find respite when you need it, too.
- Pamper your hardworking hands. Take a few extra minutes to enjoy the warm water and suds while washing your hands. Then, take the time and effort to apply a moisturizing lotion afterward. Even simple handwashing can be a soothing act of self-care.