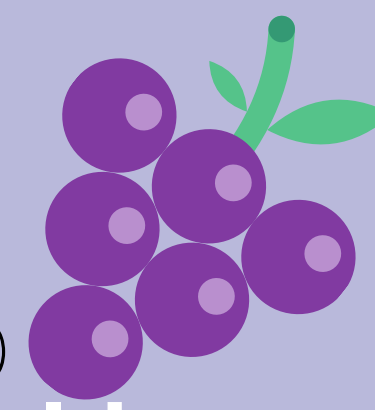


G.R.A.P.E.S



*GRAPES adapted from Fidaleo et al (2014)

These elements help us to manage stress, practice healthy coping skills, and increase well-being to help us flourish!

GENTLE WITH SELF

RELAXATION

ACCOMPLISHMENT

PLEASURE

EXERCISE

SOCIAL

- Drink enough water daily
- Journal
- Engage in a self-compassion meditation
- Try to encourage yourself rather than criticize
- Write/say affirmations
- Write an encouraging letter to yourself
- Say no to an inconvenient request
- Meditate and deep breathing exercises
- Read a self-help or self-nurturing book
- Communicate needs/feelings to a loved one
- Reflect on what you value & enjoy in life
- Tips to manage grief and loss
- Develop good sleep habits
- Stress management strategies
- Mood management strategies
- Find access to healthy food options

- Remind yourself it is okay & important to take a break and relax
- Meditate and guided imagery exercises
- Progressive muscle relaxation (PMR)
- Grounding techniques
- iFlourish offerings:
 - Headspace, TAO, WellTrack, & more
- Attend a free well-being workshop at The Zone
- Qigong
- Acupuncture
- Identify 3 good things a day: Gratitude journal
- Write a poem, song, or story
- Take a break from social media/news
- Take a relaxing shower, bath, sauna, hot tub
- Massage
- Watch the sunrise/sunset
- Look at the stars
- Garden
- Go for a drive

- Attend class
- Talk with a counselor
- Join a CAPS forum, workshop, or group
- Attend a new class online
- Cook a new recipe
- Learn a new skill, hobby, or language
- Do laundry
- Make your bed
- Clean, organize your space
- Repair things around your home
- Update your resume, LinkedIn, etc.
- Delete old emails
- Focus on what is in your control
- Read that book you have been meaning to
 - Anti-racist reading list
 - NY Times bestsellers
- Pay bills and/or create a budget
- Donate clothes you no longer use
- Create a bucket list
- Set a goal to not have a goal- have time to yourself

- Read/audible a book for pleasure
 - Libby
 - Scribd
- Do a puzzle
- Go to dinner
- Get a massage or haircut
- Go to a farmer's market
- Listen to a well-being podcast
- WatchTV, a movie, or a documentary
- Listen to music, & dance!
- Stress management and increasing life satisfaction tips
- 50 ways to flourish
- Art, craft, collage
- Journal
- write a poem, song, story
- Savor a favorite meal
- Live zoo cams
- Visit a museum
- Play cards, board games, video games

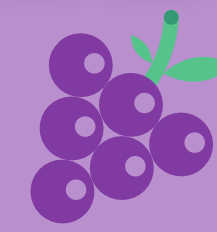
- UCSD Recreation
- Get Up Tritons
- Online workouts:
 - Koboko fitness
 - Popsugar fitness (closed captioning available)
 - Wheelchair fitness
 - Eyes-free fitness
- Walk
- Run
- MartialArts
- Kickboxing
- Weight lifting
- Hike
- Swim
- Dance
- Tennis
- Bike ride
- Surf
- Kayak
- Walk on the beach
- Yoga

- Find community support
- Go to lunch/coffee with a friend
- Join a student organization
- Attend a campus event
- Visit a new place with a friend
- Talk to someone in class
- Join a CAPS forum, workshop, or group
- Call/text a friend or family member
- Start a gratitude text with 3 of your friends/family members
- Plan a zoom date with friends/family that live out of town
- Send an email to someone you care about
- Write a gratitude letter to a past mentor
- Tell someone how you feel about them

ACTIVITY SCHEDULE USING



G.R.A.P.E.S



*GRAPES adapted from Fidaleo et al (2014)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
GENTLE WITH SELF							
RELAXATION							
ACCOMPLISHMENT							
PLEASURE							
EXERCISE							
SOCIAL							

INSTRUCTIONS:

Choose an activity (or make up your own) from each category, each day, to help plan/schedule a routine to manage stress and help you to flourish!

GENTLE WITH SELF

RELAXATION

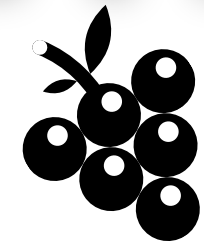
ACCOMPLISHMENT

PLEASURE

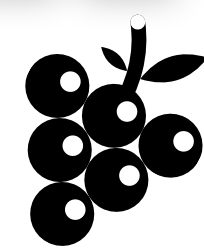
EXERCISE

SOCIAL

ACTIVITY SCHEDULE USING



G.R.A.P.E.S



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MON

TUES

WEDS

THURS

FRI

SAT

SUN

**GENTLE
WITH SELF**

RELAXATION

ACCOMPLISHMENT

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