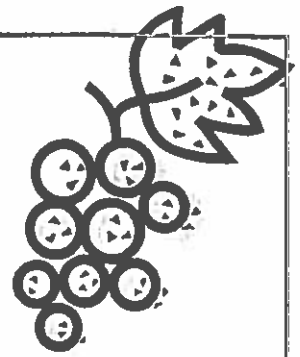


# GRAPES



## Gentle to Self:

- Talk more kindly to myself
- Try to forgive myself
- Try to encourage myself rather than criticize
- Reflect on:
  - What I value most in life
  - Enjoyable moments
  - My dreams
  - What I am thankful for
  - What I like to do
- Read a self-help or self-nurturing book
- Write an encouraging letter to myself
- Read the Personal Bill of Rights
- Practice positive affirmations
- Communicate my needs/feelings to a loved one
- Say no to an inconvenient request
- Drink enough water daily
- Meditate

Relaxation: Get your body to relax and your mind will follow:

- Learn to relax your body and muscles
- Yoga
- Qigong
- Progressive muscle relaxation
- Guided imagery
- Body scan
- Acupuncture
- Massage
- Deep breathing
- Sauna/hot tub
- Remind yourself that it is okay to relax
- Go look at the stars
- Watch the sunrise or sunset

The following are some links with free MP3s

<http://www.dartmouth.edu/~healthed/relax/downloads.html#muscle>

<http://www.sfu.ca/students/health/>

<http://www.loyola.edu/department/counselingcenter/students/relaxation.aspx>

[http://www.sandiego.edu/usdcc/resources/relaxation\\_exercises.php](http://www.sandiego.edu/usdcc/resources/relaxation_exercises.php)

Watch YouTube videos search for terms such as:

yoga, guided meditation, mindfulness, and progressive muscle relaxation

## Accomplishments:

- Make a healthy meal for myself
- Buy healthy groceries for the week/make a meal plan (goal 5 vegetable servings daily)
- Go to therapy
- Do laundry
- Clean home
- Pay bills/set up automatic bill pay online, set a budget
- Donate old clothes to charity

## Pleasure:

- Go to dinner
- Watch a movie
- Get a massage or a hair cut
- Relax at the beach or park
- Do a puzzle
- Do an art project
- Visit a museum
- Look for ideas: event section in the San Diego Reader, City Beat magazine, or meetup.com
- Visit art gallery, walk around sea port village
- Go to the farmer's market, buy fresh flowers

## Exercise:

- Go for a walk
- Join a gym
- Go to a yoga class, Pilates, Zumba
- Go for a hike, bike ride, kayaking
- Walk around by the beach

## Social:

- Invite a friend for lunch
- Talk to members of the group on the break
- Attend a meetup.com group
- Go to a social group through church
- Call a friend or family member
- Send an email to someone you care about
- Take a class (community colleges or an art class)
- Write a letter to an old friend
- Tell someone how you feel about them

