

# Simple Feel-Good Ideas

..... Ordinary & Happy .....

- R** Watch a New TV Show Episode
- E** Look Through Family Vacation Photos
- L** Have a Bubble Bath
- A** Try New Hairstyles Using an App
- X** Join a Sewing or Knitting Circle
- I** Get a Haircut
- N** Go to an Orchestra by Candlelight Concert
- G** Get a Mani-Pedi
- Watch a Nature Documentary
- Observe Nature

- S** Write Down Ways to Be Kind to Yourself
- I** Have a No-Screen Hour
- M** Listen to Nature Sounds
- P** Sit on a Park Bench at Sunset
- L** Visualize a Wonderful Place
- E** Reflect in a Quiet Place
- Tell Someone You Love Them
- Hug a Loved One
- Do Some Stretching
- Say Kind Things to Yourself in a Mirror

- S** Go for Coffee with Friends
- O** Call a Loved One
- C** Go Dancing
- I** Organize a Backyard Grill Get-Together
- A** Host a Coffee and Crochet Circle
- L** Organize an Online Family Video Call
- Attend a Local Meetup
- Volunteer at a Community Garden
- Go to a Book Club

- K** Go to a Skills Workshop
- I** Join a Neighborhood Cleanup
- N** Write to Someone
- D** Compliment a Loved One
- Donate Books to a Library
- Check-in with Someone
- Volunteer at a Charity Drive
- Create a Daily Kindness Calendar
- Share Something Positive Online
- Offer to Mentor Someone

- S** Light a Scented Candle
- C** Enjoy a Coffee or Tea Break
- E** Dance to Your Favorite Music
- A** Have a Dream Journaling Evening
- R** Remind Yourself That You're Wonderful
- F** Dim the Lights in the Evening
- E** Go for a Massage
- Start a Gratitude Jar
- Get Something Cozy for the House

- A** Go for a Scenic Walk
- C** Run on a Treadmill or Stepper
- T** Join a Community Bike Ride
- I** Dance in Your Bedroom
- V** Join a Team Sport
- E** Organize a Neighborhood Walk
- Go to a Trampoline Park
- Go to a Water Aerobics Class
- Join an Outdoor Workout Class
- Go to a Music and Rollerblading Party

- C** Play a Musical Instrument with Friends
- R** Start a '1 Photo-a-Day' Challenge
- E** Collaborate on a Community Art Project
- A** Make a Seashell Necklace
- T** Write Kind Messages on Post-Its
- I** Make a Photo Memory Collage
- V** Write About the Changing of the Seasons
- E** Do Some Watercolor Painting
- Go to an Art Gallery

- O** Go for a Scenic Walk
- U** Have a Leisurely Afternoon at a Lake
- T** Go to an Outdoor Concert
- D** Organize a Community Potluck Picnic
- O** Visit a Botanical Garden
- R** Visit a Waterfall
- Play Acoustic Guitar Outside
- Reflect in a Beautiful Spot
- Go for a Beach Stroll at Sunset
- Volunteer at a Charity Run

..... Ordinary & Happy .....