What do I need?

Rest/Relaxation:

Take a nap | Watch a show or movie | Read a book or magazine | Take a bath or a shower | Listen to music or a podcast

Companionship:

Call a friend | Text a few friends | Write letters | Meet for coffee | Schedule dinner with a group of friends

Expression:

Follow a writing prompt | Draw a picture | Sing karaoke in your living room | Take pictures around town | Other hobbies

Health/Spirituality:

Go for a walk | Do a YouTube Yoga video | Meditate or pray | Make a healthy snack | Write down positive affirmations