[](https://www.bing.com/images/search?view=detailV2&ccid=8grTCF7J&id=E266834D0EC9DF6C771BC4A92EE8CC7B88B142BD&thid=OIP.8grTCF7JF8Ok2CWgIlAKiAAAAA&mediaurl=https://s-media-cache-ak0.pinimg.com/736x/16/3a/ea/163aeae250e030377e1a6b7b480b0b81.jpg&exph=597&expw=443&q=bubble+blowing&simid=608049848440718408&selectedIndex=47)

[](https://www.bing.com/images/search?view=detailV2&ccid=9NW13OAc&id=F3F6BBC5529B7DF9AA86EB15282E0C16F1300B9F&thid=OIP.9NW13OAcILfaepeVw0P8SgHaIp&mediaurl=http://sd.keepcalm-o-matic.co.uk/i/keep-calm-and-listen-to-music-485.png&exph=700&expw=600&q=listen+to+music&simid=608018048477105382&selectedIndex=44)

Listen to some music

[](https://www.bing.com/images/search?view=detailV2&ccid=j18ebzyN&id=04192011770262D1322F2ABA667B93DA07D8C87F&thid=OIP.j18ebzyNYhIXUrm2sRQSywHaDt&mediaurl=https://www.dailydot.com/wp-content/uploads/d42/d4/asmr20lady.jpg&exph=1250&expw=2500&q=listen+to+music&simid=608051815524011777&selectedIndex=227)

[](https://www.bing.com/images/search?view=detailV2&ccid=lMOiWnsG&id=8202B97BA738ADD172F4E158C18360C2132F4B8B&thid=OIP.xPV_XgqPAP_aGB2FRM4DMQHaFj&mediaurl=http://images4.fanpop.com/image/photos/22100000/Colored-pencils-pencils-22186448-2560-1920.jpg&exph=1920&expw=2560&q=colouring+pencils+&simid=608023490204600158&selectedIndex=4)

Do some colouring or drawing

Pop some Bubble wrap.

[](https://www.bing.com/images/search?view=detailV2&ccid=LbcANAD4&id=D2044528F109172ECFDA98BA9224ACE0798685A7&thid=OIP.LbcANAD4Z5-Kc9KIZzrRDgHaFj&mediaurl=https://rememberyourraisin.files.wordpress.com/2014/04/10563.jpg&exph=768&expw=1024&q=bubble+wrap&simid=608006194368024549&selectedIndex=100)

Practice Bubble Breathing

Make a feelings playlist

Find something to fidget with

[](https://www.bing.com/images/search?view=detailV2&ccid=CQqkltqc&id=8CFF02916CD80F32ED612CCB6887E5E6BF1CB848&thid=OIP.CQqkltqc0w2OfTDeYPjJ9QHaHa&mediaurl=https://www.focusfied.com/wp-content/uploads/2017/08/Fidget-Toy-Focusfied-4-e1502030256545.jpg&exph=500&expw=500&q=fidget+toys&simid=608041662223813189&selectedIndex=27)

[](https://www.bing.com/images/search?view=detailV2&ccid=lPi%2f9JAx&id=562B251DB3BDE12D0FEDF93CBCAD929C9D4F25FB&thid=OIP.lPi_9JAxf23gJ23KCCmjPAHaFt&mediaurl=http%3a%2f%2fimages.wisegeek.com%2fpurple-umbrella-with-rain.jpg&exph=772&expw=1000&q=rain&simid=608045484717968339&selectedIndex=32)

[](https://www.bing.com/images/search?view=detailV2&ccid=oePQhJec&id=3BD56B967BE55C49201C6A2EE75D7EBA63541A4C&thid=OIP.oePQhJec0KcO0RoHVcQB9wHaFj&mediaurl=http%3a%2f%2fwww.saga.co.uk%2fcontentlibrary%2fsaga%2fpublishing%2fverticals%2fhome-and-garden%2fgardening%2fadvice-and-tips%2fflowers%2flavender-pruning.jpg&exph=960&expw=1280&q=lavender&simid=608018091414324542&selectedIndex=38)

[](https://www.bing.com/images/search?view=detailV2&ccid=1Mj7u6dw&id=A7BAF16DCE6C0D615F667B718BEADBEFF3F59B9D&thid=OIP.1Mj7u6dwvT2vN1j9Z_LmlgHaHa&mediaurl=http%3a%2f%2flive.user.data.s3.amazonaws.com%2fuploads%2fpost_image%2fpost_image%2f57%2fphonefriend_small.jpg&exph=300&expw=300&q=telephone+friend+image&simid=608005069110250747&selectedIndex=1)

Spend some time outside

Look at some happy photos

[](https://www.bing.com/images/search?view=detailV2&ccid=JugjSmF1&id=F1E87E20232ECF5058C0DB7E6DB613BB7B2F5F8C&thid=OIP.JugjSmF1ons37Py_Pa-AfQHaHa&mediaurl=https%3a%2f%2fis2-ssl.mzstatic.com%2fimage%2fthumb%2fPurple128%2fv4%2f76%2f60%2f1f%2f76601f1c-07e5-b2d5-af29-8db384c57514%2fsource%2f512x512bb.jpg&exph=512&expw=512&q=camera+cartoon&simid=607986708130365552&selectedIndex=28)

[](https://www.bing.com/images/search?view=detailV2&ccid=x9scJEOu&id=F7204AA03955996CCB9B6FC503FC348711FEF19D&thid=OIP.lIg51a5PZoV7soSrgI7rCwHaE5&mediaurl=https%3a%2f%2fc1.staticflickr.com%2f3%2f2812%2f10781728856_1f604bbfba_b.jpg&exph=677&expw=1024&q=outside&simid=608031345711450789&selectedIndex=0)

Do some meditation on the

Headspace app

[](https://www.bing.com/images/search?view=detailV2&ccid=MyU2MFiZ&id=0B8CC8C70FA5E0A1098EA190F2FB61B4283255DB&thid=OIP.MyU2MFiZXFdnG-OsZWLDmQHaHa&mediaurl=https%3a%2f%2fd2.alternativeto.net%2fdist%2fs%2fheadspace_384876_full.png%3fformat%3djpg%26width%3d1200%26height%3d1200%26mode%3dcrop&exph=1200&expw=1200&q=headspace+app&simid=608044857659031883&selectedIndex=8)

Really listen to the rain

Smell some Lavender

Phone a friend

[](https://www.bing.com/images/search?view=detailV2&ccid=4EOhHTTa&id=A73A8C5D3B5E40B34140953651603B5F18D72C24&thid=OIP.4EOhHTTaHbH8id9AF1f7ZQHaHa&mediaurl=https%3a%2f%2fs-media-cache-ak0.pinimg.com%2f736x%2ffc%2fda%2f6b%2ffcda6b591bacd39427d22a6eeae112ad.jpg&exph=600&expw=600&q=balancing+stones&simid=608020088567628987&selectedIndex=0)

[](https://www.bing.com/images/search?view=detailV2&ccid=ZBYykhXW&id=563C001E592544BF5E661415C7785B1BC1053419&thid=OIP.iEJqWTjYDziFpBeQZ_kBqwHaFg&mediaurl=http%3a%2f%2f4.bp.blogspot.com%2f_m-AoDlox4ms%2fTTHE7Jv0aLI%2fAAAAAAAAMsI%2fI-LiElLpomA%2fs1600%2fcuddle.jpg&exph=288&expw=387&q=pet+cuddles&simid=608014470833375260&selectedIndex=1)

[](https://www.bing.com/images/search?view=detailV2&ccid=sOe8L060&id=52A8A023EA662C690E922BC2A4661C615B9F0541&thid=OIP.sOe8L060gM6QzzKikCfqtAHaIp&mediaurl=http%3a%2f%2fsd.keepcalm-o-matic.co.uk%2fi%2fkeep-calm-and-talk-to-someone-3.png&exph=700&expw=600&q=talk+to+someone+image&simid=608037277057615570&selectedIndex=1)

Use a useful phone app

[](https://www.bing.com/images/search?view=detailV2&ccid=up%2fLQgaA&id=AACFB2E2E39BAF893F9B4E14B1054D4778D1DA83&thid=OIP.up_LQgaA7Tt0-1m2ASsN8AHaFa&mediaurl=http%3a%2f%2fmadisonclinic.ucsf.edu%2fsites%2fmadisonclinic.ucsf.edu%2ffiles%2fphone%2520app%2520icon.jpg&exph=1338&expw=1829&q=apps+image&simid=608055058188402745&selectedIndex=2)

Write it down

[](https://www.bing.com/images/search?view=detailV2&ccid=ZjaRhf1M&id=D2523D3511A5D52EA20934FE3AAE47DE861221AC&thid=OIP.ZjaRhf1M2Us0kPsg-nRfIwHaFj&mediaurl=http://writemyessayonline.com/blog/wp-content/uploads/2015/06/Writing.jpg&exph=1536&expw=2048&q=writing+image&simid=608029988508533411&selectedIndex=2)

Watch something funny

[](https://www.bing.com/images/search?view=detailV2&ccid=oSb9e2e%2b&id=F5617EA62AF8E3BE3EF96DD625E53F7F93F4229E&thid=OIP.oSb9e2e-bxMujKJLi_cOGQHaEC&mediaurl=http%3a%2f%2fs.hswstatic.com%2fgif%2flaughing-bonobo-crop.jpg&exph=764&expw=1399&q=laughing&simid=608039179748050947&selectedIndex=5)

Balance your thoughts

Cuddles

Talk to someone you trust

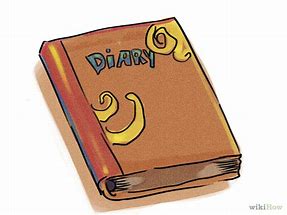
Do some exercise and release some endorphins

[](https://www.bing.com/images/search?view=detailV2&ccid=Cg6bySol&id=9A7B2A391955E8769D036AD225392A9A4F0A0D69&thid=OIP.Cg6bySolDKBLE3FSi-UaVAHaHs&mediaurl=http%3a%2f%2fgym.westernsydney.edu.au%2fwp-content%2fuploads%2f2016%2f01%2fsilhouette-exercise.png&exph=597&expw=575&q=exercise+image&simid=608015076413868988&selectedIndex=3)

Do some baking

[](https://www.bing.com/images/search?view=detailV2&ccid=bEEcP1%2fy&id=92C61DFF1B7E36A3CD375A7C087FD7301F1B4B7A&thid=OIP.bEEcP1_y23IWfBOUDHss5wHaE8&mediaurl=http%3a%2f%2fblog.oxforddictionaries.com%2fwp-content%2fuploads%2fbaking3.jpg&exph=800&expw=1200&q=baking&simid=608045055235917299&selectedIndex=3)

Fill in your mood diary

[](https://www.bing.com/images/search?view=detailV2&ccid=2vwaD9lX&id=7243DBD4C750AA8BD5B7FB0CB9E76B7B8568F533&thid=OIP.2vwaD9lXu23KFxwJLGIb-wHaFj&mediaurl=https%3a%2f%2fthirdeyeawakening.files.wordpress.com%2f2014%2f07%2f670px-make-everyone-want-to-read-your-diary-step-1.jpg&exph=503&expw=670&q=diary&simid=608032131690595086&selectedIndex=22)

Read your happy list

Use your senses to relax

Do some balloon breathing

[](https://www.bing.com/images/search?view=detailV2&ccid=oErVpUBU&id=D763FCAFBB02738827D3DABCDDF960AB0B35C2B9&thid=OIP.oErVpUBU_SgKy8Xl2WRQNgHaHa&mediaurl=https%3a%2f%2fs-media-cache-ak0.pinimg.com%2f736x%2f23%2ff4%2f2a%2f23f42ad12c7fa421b920da9b67180f6f.jpg&exph=736&expw=736&q=mr+happy+image&simid=607988627952896391&selectedIndex=0)



[](https://www.bing.com/images/search?view=detailV2&ccid=dVCYwDEl&id=F5A7D9CB65A52045543306C8437C727D86115FDA&thid=OIP.dVCYwDEldkUqxaBIJzYM-QHaFj&mediaurl=http%3a%2f%2f2.bp.blogspot.com%2f-GM7dkGe5Ypw%2fUBIIhdhaW4I%2fAAAAAAAAGKU%2fKwPGyKriJKo%2fs1600%2fBalloons%2bWallpapers%2b5.jpg&exph=1200&expw=1600&q=balloons&simid=608000576562858746&selectedIndex=0)

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Do some musical drawing

[](https://www.bing.com/images/search?view=detailV2&ccid=ETnttu8U&id=549BEDCD8473C78EF4F6A75AA3995F72FB62ECC7&thid=OIP.ETnttu8UY5Q4dxo8LwHzBgHaFX&mediaurl=http%3a%2f%2ffc05.deviantart.com%2ffs14%2fi%2f2007%2f065%2f7%2f5%2fMusic_by_Delusionalist.png&exph=435&expw=600&q=musical+drawing&simid=608039776751386624&selectedIndex=121)

Read letters or messages from people who care

[](https://www.bing.com/images/search?view=detailV2&ccid=ydK7d70A&id=0A08E3B24E11E4414C3DA94633176823440512C8&thid=OIP.ydK7d70A5Oxko1ZhwpH9RgHaHa&mediaurl=https%3a%2f%2fcdn.shopify.com%2fs%2ffiles%2f1%2f1061%2f1924%2fproducts%2fLove_Letter_Emoji_grande.png%3fv%3d1480481042&exph=600&expw=600&q=love+envelope&simid=608012344827709514&selectedIndex=37)

Knot some ribbon

[](https://www.bing.com/images/search?view=detailV2&ccid=ZX8vRnqp&id=0DC37F8D5CE0531DECB9BD37756FAB7586E86BBD&thid=OIP.ZX8vRnqpWReCsCzocgHCWgHaE8&mediaurl=https%3a%2f%2fthepaperartstudio.files.wordpress.com%2f2010%2f09%2fdsc_2572.jpg&exph=1067&expw=1600&q=knotting+ribbon&simid=607993060360326485&selectedIndex=1)