



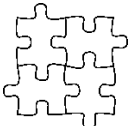






## Wellness Menu Example

<p style="text-align: center;"><b>Dump the Worries</b></p>  <p>Write down a worry or worries on a piece of paper. Then crumple the paper and throw it away. Tell yourself you are letting the worries go.</p>	<p style="text-align: center;"><b>Think Positively</b></p>  <p>Shine a light on the positives. What are two positives about your situation?</p>	<p style="text-align: center;"><b>Write About It</b></p>  <p>Make an entry in your journal Write a friend or family member a note Make a list</p>
<p style="text-align: center;"><b>Stretch It Out</b></p>  <p>Stretching Yoga Pose</p>	<p style="text-align: center;"><b>Puzzle it Out</b></p>  <p>Tease your brain with (non-electronic) puzzling tasks: Puzzles Word search</p>	<p style="text-align: center;"><b>Breathe it Out</b></p>  <p>Take a deep breath-in, hold for 4 and breath out; repeat</p>
<p style="text-align: center;"><b>Oodles of Doodles</b></p>  <p>Draw your own picture or use a coloring book. Focus on the details of your picture.</p>	<p style="text-align: center;"><b>Activate Your Senses</b></p>  <p>What are 5 things you see? What are 4 things you can feel? What are 3 things you hear? What are 2 things you smell? What is 1 thing you taste?</p>	<p style="text-align: center;"><b>Give Gratitude</b></p>  <p>Make a Gratitude List:</p> <p style="text-align: center;">A person A convenience A favorite An experience</p>