



# Finding Peace in Your Day

## What daily habits or practices resonate with you?

### Relational Connection

Text, talk, or video chat with a best friend or close family member. Spend time with pets. Use social media to celebrate and encourage others.

### Rest/Relaxation

Read a book, watch a movie, take a bath, listen to music, take a nap, practice mindful breathing.

### Spiritual Practices

Prayer and/or meditation, gratitude journaling, read sacred texts, listen to teachings or music that renew your spirit.

### Connection with the Natural World

Spend time in your yard or a local greenspace, plant a garden or flowers, set up a hammock, open your windows, take a walk or hike, watch a nature documentary.

### Learning/Brain Training

Seek out information in books, magazines, websites, TV, videos, or podcasts on a new subject, skill or perspective, play a computer game or board game, work on a crossword, puzzle, or Sudoku.

### Creative Expression

Write, draw, color, paint, play music, sing, design, decorate, sculpt, blog, cook/bake, sew, or craft.

### Physical Movement/Health

Exercise, stretch, yoga, dance, walk, climb stairs, clean the house/yard, make a healthy nutrition choice.

