

## **Soothing Activities**

- A warm bubble bath
- Aromatherapy candles
- A massage
- Listening to music
- Dancing
- Yoga
- Stretching
- Gardening
- Swimming
- Walking on the beach
- Journaling
- Going to a movie or play
- Watching the sunset
- Meditation
- Painting or drawing
- Laughing
- Blowing bubbles
- Talking with friends
- Community Service
- Giving or getting a hug

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