

GRIEF BREAK IDEAS

DO YOU AUTOMATICALLY THINK OF REALLY HEALTHY THINGS TO DO WHEN YOU AREN'T FEELING THE BEST? IF YOUR ANSWER WAS YES, GREAT JOB! MANY OF OUR BRAINS DO NOT, AND WE MAY NEED SOME HELP. THAT'S WHAT THIS PRACTICE IS ALL ABOUT! FILL IN SOME IDEAS FROM THE TOPICS BELOW WHEN YOU ARE FEELING GOOD, SO WHEN YOU ARE NEEDING TO TAKE A GRIEF BREAK YOU CAN BRING THIS OUT FOR SOME GREAT, HEALTHY IDEAS! WE WILL GIVE ONE EXAMPLE FOR EACH ONE TO GET YOU STARTED, THEN THE REST IS UP TO YOU!

FOOD

MAKE A HEALTHY SNACK

OUTDOORS

GO FOR A WALK

CONNECT WITH OTHERS

CALL SOMEONE WHO MAKES YOU LAUGH

CREATE SOMETHING

FIND A FUN NEW PROJECT TO START

RELAX

WATCH A HEARTWARMING MOVIE

GET IT DONE

CROSS OFF ONE TO DO LIST ITEM THAT HAS BEEN BUGGING YOU