

# 101 SIMPLE THINGS YOU CAN DO RIGHT NOW TO GET THROUGH THE MOMENT

1. Ask for help
2. Accept help
3. Eat something
4. Take a shower
5. Practice smiling
6. Ask for a miracle
7. Brush your hair
8. Do your nails
9. Check in on someone
10. Change your routine
11. Clean out a junk drawer
12. Create a belly laugh video playlist
13. List 10 things you're grateful for
14. Write a letter turning it over to your Higher Power
15. Take a walk
16. De-clutter something
17. Rake the yard
18. Do 15 sit-ups, push-ups or squats
19. Brush your teeth
20. Reach out to a friend
21. Drink a tall glass of water
22. Sit down with a cup of tea
23. Go window shopping at the mall.
24. Sit under a tree
25. Identify the plants growing in your yard
26. Visit the library
27. Make something for someone
28. Listen to music
29. Go on a color walk
30. Go out and look at the moon
31. Browse in a bookstore or a hardware store
32. See a movie by yourself
33. Hum
34. Donate things
35. Watch a sad movie and cry your eyes out
36. Write in your journal
37. Learn a new word
38. Unearth an old interest
39. Listen to bird calls, ocean surf, wind, crickets
40. Make a drawing
41. Learn how to say thank you in another language
42. Light a candle
43. Listen to music lying on your back
44. Make one goal for the day
45. Make a god-box
46. Make a list of things you love
47. Make up a song
48. Call someone
49. Read something spiritual
50. Bake bread
51. Jump rope
52. Close your eyes and listen
53. Navigate your room by touch
54. Only speak good of yourself
55. Have quiet hour
56. Get up and dance wildly
57. Pick up your guitar and play
58. Play with a kitten or a puppy
59. Pray for someone else
60. Count your blessings
61. Think it all the way through
62. Get rid of something you don't like
63. Research your funny bone
64. Go for a bike ride
65. Send a card
66. Say I love you in the mirror
67. Ask a tween, teen or elder to teach you something cool
68. Say thank you instead of I'm sorry
69. Ask your Higher Power some questions
70. Sing
71. Jump rope
72. Help someone else
73. Soak in a hot tub
74. Stretch
75. Take a color bath
76. Turn off the news
77. Take a nap
78. Take a walk with a camera
79. Take an air bath
80. Take 10 deep breaths
81. Treat yourself to a meal out
82. Stretch your body
83. Thank your guardian angel
84. Jump on a trampoline
85. Unplug for an hour
86. Walk without a destination
87. Warble tunelessly
88. Write a letter to the editor
89. Write to your guiding spirit
90. Write a prayer
91. Write down your wildest dreams
92. List your worries on paper, then put them aside
93. Examine your assumptions
94. Release expectations
95. Resist the urge to explain yourself
96. Go someplace & yell your head off
97. Weed a garden
98. Dead-head your flowers
99. Sweep your front steps
100. Go to an art museum
101. Write a poem