

1. Crisis Support, Treatment, and Counseling

- Call or text a mental health hotline for immediate support.
- Schedule a check-in with a therapist if feeling overwhelmed.
- Reach out to a trusted friend or support person for a quick chat.

2. Body, Movement, and Exercise

- Go for a 10-15 minute walk around the block or in a park.
- Do a quick stretch or yoga session at home (5-10 minutes).
- Try an easy bodyweight exercise routine (squats, push-ups).

3. Eating Well and Nutrition

- Prepare a healthy snack (e.g., fruit, nuts) instead of junk food.
- Drink a glass of water right now to stay hydrated.
- Incorporate one more vegetable into your next meal.

4. Art, Music, and Creativity

- Doodle or sketch something for 5 minutes.
- Listen to a favorite song and let yourself get lost in the music.
- Write a short journal entry or a few lines of poetry.

5. Spirituality and Meaning

- Take 5 minutes for mindfulness or meditation, focusing on your breathing.
- Read an inspiring quote or passage from a spiritual book.
- Practice gratitude by thinking of three things you're grateful for today.

6. Nature and Being Outdoors

- Step outside for a few minutes, and take deep breaths of fresh air.
- Walk in a local green space and observe nature around you.
- Sit in the sun for a brief moment (if it's safe) to recharge.

7. Service/Making a Contribution

- Help someone with a small task (e.g., a co-worker, friend, or family member).
- Donate to a cause with a quick online donation.
- Offer a kind word or encouragement to someone today.

8. Friendships and Support

- Send a quick text or voice message to check in on a friend.
- Plan a short video call or coffee break with someone you haven't seen in a while.
- Leave a supportive comment on a friend's social media post.

9. Sleep and Deep Rest

- Take a 5-minute relaxation break by closing your eyes and focusing on your breath.
- Prepare your sleep environment by dimming the lights 30 minutes before bed.
- Practice a short sleep meditation before going to bed.

10. Meditation, Contemplation, and Breathing

- Practice deep breathing for a couple of minutes during the day.
- Spend 5 minutes in quiet reflection, focusing on the present moment.
- Try a guided meditation using an app for quick relaxation.