<table>
<thead>
<tr>
<th>Take a warm shower.</th>
<th>Take a walk or go for a run.</th>
<th>Clean or organize your environment.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk to someone you trust.</td>
<td>Read a book or a magazine.</td>
<td>Write a letter or note to someone you care about.</td>
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<tr>
<td>Roleplay challenging situations with others.</td>
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</tbody>
</table>

Mind Remake Project 2023
Encourage others.

Do a random act of kindness.

Make a gratitude list.

Write in a journal.

Draw, paint, or make a collage.

Create a vision board.

Read inspirational quotes.

Reassess and manage your expectations.

Mind Remake Project 2023
Mind Remake Project 2023

Make a list of your short-term and long-term goals.

Act opposite of negative feelings.

Make a list of pros and cons.

Make a list of your strengths.

Stretch.

Do breathing exercises.

Meditate or listen to guided imagery.

Pray.
<p>| PUT ON FAKE TATTOOS OR DRAW ON YOURSELF (OR CLOTHES, SHOES, ETC.) | WRITE A POEM OR SONG. | DRINK A GLASS OF COLD WATER OR A CUP OF HOT TEA. | DO A WORD PUZZLE. |
| PAINT YOUR NAILS, PUT ON MAKEUP, OR STYLE YOUR HAIR. | SING, DANCE, OR PLAY A MUSICAL INSTRUMENT. | LISTEN TO MUSIC OR NATURE SOUNDS. | STUDY THE SKY. |</p>
<table>
<thead>
<tr>
<th>Take a nap or rest your eyes.</th>
<th>Hug a pillow.</th>
<th>Sit outside for at least 15 minutes.</th>
<th>Create or build something.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read the Bible or spiritual literature.</td>
<td>Read a self-help book.</td>
<td>Practice grounding techniques.</td>
<td>Talk to a counselor.</td>
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<tr>
<td>COLOR.</td>
<td>MEMORIZE SOMETHING (A SONG, VERSE, ETC.)</td>
<td>COLOR COORDINATE YOUR CLOSET.</td>
<td>WATCH FISH.</td>
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<tr>
<td>CREATE PLAYLISTS OF YOUR FAVORITE SONGS.</td>
<td>PLAN AN EVENT.</td>
<td>MAKE AS MANY WORDS OUT OF YOUR FULL NAME AS POSSIBLE.</td>
<td>CLEAN UP TRASH.</td>
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<td>Action</td>
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<tr>
<td>Write a letter of self-compassion.</td>
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<td>Look up new words in the dictionary and use them.</td>
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<td>Smile at 10 different people.</td>
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<td>Put together a puzzle.</td>
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<td>Make a to-do list.</td>
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<td>Read song lyrics.</td>
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<tr>
<td>Ask someone to try to make you laugh.</td>
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<tr>
<td>Read and/or tell jokes.</td>
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<tr>
<td>Create a chart or pie graph of how you spend your day.</td>
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<tr>
<td>Reflect on compliments you've received.</td>
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<tr>
<td>Come up with your own mantra for tough times.</td>
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<tr>
<td>Think of happy memories.</td>
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<tr>
<td>Make a gift for someone.</td>
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<tr>
<td>Think about a pet or person you love.</td>
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<tr>
<td>Jog in place.</td>
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<tr>
<td>Doodle.</td>
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<tr>
<td>Try your best to replicate a famous painting or work of art.</td>
<td>Write down all of your current worries.</td>
<td>Do a progressive muscle relaxation.</td>
<td>Ask yourself, &quot;What do I need in this moment?&quot; Answer truthfully.</td>
</tr>
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</tr>
<tr>
<td>Identify and examine your emotions. Where are they coming from?</td>
<td>Gently tap your shoulders, chest, and/or back.</td>
<td>Massage your neck.</td>
<td>Hug yourself.</td>
</tr>
</tbody>
</table>

Mind Remake Project 2023
Set a positive intention for the day.

Take a moment to notice something beautiful or intriguing.

Name your emotions out loud.

Reframe negative situations.

Make a list of coping strategies.

Make a list of possible choices for a difficult situation.

Take ownership of mistakes.

Reflect on past mistakes and the lessons learned.

Mind Remake Project 2023
| Express your gratitude or appreciation to someone. |
| Read your horoscope for the day and make it come true. |
| Offer your help to someone in need. |
| Ask for help. |
| Do yoga poses or practice balancing on one leg. |
| Plan a favorite meal. |
| Visualize a serene place. |
| Tape affirmations to your mirror. |

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<table>
<thead>
<tr>
<th>Task</th>
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<tr>
<td>Read the comics.</td>
<td>Plan a trip to a museum.</td>
<td>Pretend you're an alien visiting the planet and observe your surroundings.</td>
</tr>
<tr>
<td>Make a list of meaningful compliments that you can give out later.</td>
<td>Ask yourself what advice you would give to someone in your situation.</td>
<td>Make an inspirational banner and hang it somewhere.</td>
</tr>
<tr>
<td>Use greeting cards and/or stickers when you mail bills.</td>
<td>Pretend your situation is the plot of a movie. How would it unfold?</td>
<td></td>
</tr>
</tbody>
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<th>Decorate the cover of a notebook or journal.</th>
<th>Make someone laugh.</th>
<th>Cut positive words out of magazines and make a collage.</th>
<th>Hold on to, wear, or wrap yourself in something soft and fuzzy.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Say only positive things for a day.</td>
<td>Turn your complaints about others into complements.</td>
<td>Turn your complaints into solutions.</td>
<td>Do crafts.</td>
</tr>
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<tr>
<th>Create a positive daily ritual.</th>
<th>Practice radical acceptance.</th>
<th>Toss a ball with someone.</th>
<th>Make a list of people and things that bring you joy.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk away from negativity.</td>
<td>Set and adhere to healthy boundaries.</td>
<td>Define your values.</td>
<td>Be honest (but kind) to self and others.</td>
</tr>
</tbody>
</table>

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<tr>
<th>Pay attention to gut feelings.</th>
<th>Praise yourself throughout the day for things well done.</th>
<th>Replace self-destructive behaviors.</th>
<th>Play the tape through when experiencing self-destructive urges.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a list of things you have control over.</td>
<td>Lie upside down.</td>
<td>Spin or twirl around.</td>
<td>Peel glue off your hands.</td>
</tr>
</tbody>
</table>
Wash your face mindfully.

Eat your next snack or meal mindfully.

Use coping statements.

Design a tattoo for yourself.

Fill a page with as many drawings of stars as you can.

Take an oath of silence for the day.

Bounce a ball off the wall.

Do a good deed.

Mind Remake Project 2023