It can be helpful to find ways to be good to yourself and find comfort during times of stress.

Here are some ideas for Comforting Activities:

» Talk with a supportive friend
» Exercise
» Spend time on a hobby
» Read a good book
» Garden
» Pray, meditate, or do yoga
» Write in a journal
» Listen to music
» Take a walk or hike
» Watch a movie
» Enjoy your favorite tea
» Take a bubble bath