

# Ideas for Comforting Activities

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

