



20 WAYS TO FEEL BETTER RIGHT NOW



LIVE FREE CREATIVE PODCAST EPISODE 200

PHYSICAL TOOLS

BOX BREATHING
20 MINUTE WALK
DANCE IT OUT
MINDFUL STRETCHING
EAT AN APPLE

SOCIAL TOOLS

RANDOM KINDNESS
CALL A FRIEND
VISIT A LOCAL SHOP
PLAY A GAME
DONATE TO CHARITY

MENTAL TOOLS

ASSUME OPTIMISM
RETELL THE STORY
WRITE OUT STRENGTHS
PROCESS DISSAPPOINTMENT
SAVOR THE PRESENT

EMOTIONAL TOOLS

GRATITUDE NOTE
FORGIVE A WRONG
POSITIVE AFFIRMATION
FIND A MICROFLOW
ZOOM OUT PERSPECTIVE