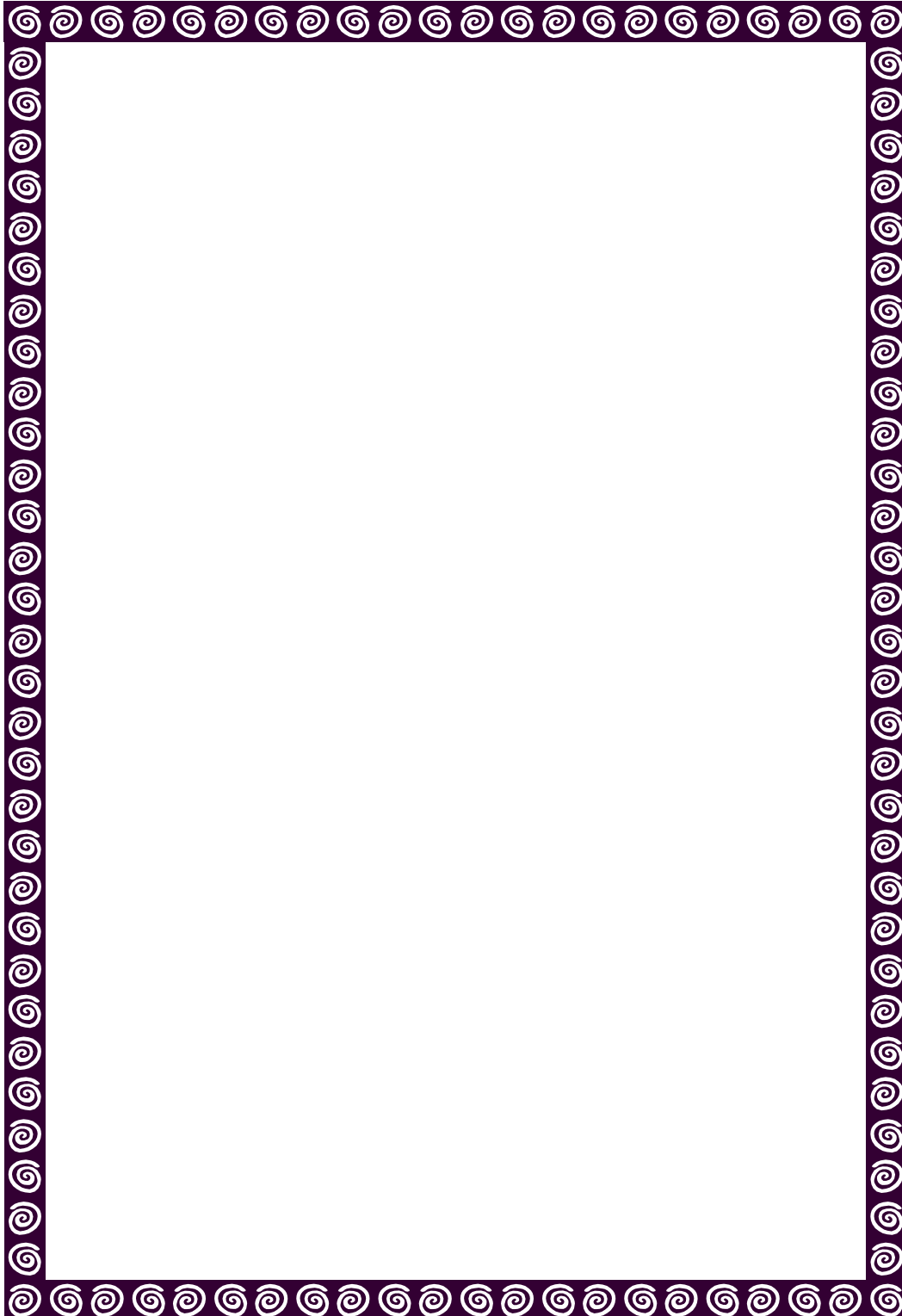


Inner Strength Reservoir



Ideas to replenish Inner Strength

1. Play
2. Take a short nap
3. Make something with your own hands
4. Listen to soothing music
5. Plant flowers in your garden
6. Go for a walk with your family
7. Immerse yourself in a happy book
8. Cuddle up and watch a movie that makes you laugh
9. Do something you love every day
10. Go on a picnic
11. Take up yoga or tai chi as a family
12. Choose a hobby and do it often
13. Eat fresh fruits and vegetables
14. Do a crossword or Sudoku puzzle
15. Don't multitask
16. Pray or meditate
17. Eat dinner with your family without phones, TV, or electronics
18. Journal
19. Dance
20. Watch the birds
21. Play a board game with your family
22. Keep a scrapbook
23. Sing your favorite song
24. Bake a favorite recipe with your family
25. Do a jigsaw puzzle
26. Write a poem or story
27. Go for a bike ride