

Activity Menu

Need relief but not sure what to do? Make and keep an “Activity Menu” for times when you need to refresh.

Adapted from Eric Tivers and Jessica McCabe

<p>Appetizers (Quick and easy things for relief, such as during a 5-min break)</p>	<p>Entrees (Engaging, fulfilling activities that you enjoy or will help your wellbeing)</p>
<ul style="list-style-type: none"> ● Dance to an upbeat song ● Stand up and walk around ● Drink water, grab a snack, rest ● <u>(Your ideas here!)</u> 	<ul style="list-style-type: none"> ● Drawing ● Learn a dance ● Play an instrument ● Exercise ● Cook/bake ● Text/call friends and family ● Virtual game night with friends ● Organize ● Clean ● Go on a hike/go outside/go on a run ● <u>(Other hobbies and ideas)</u>
<p>Desserts (Enjoy sparingly)</p>	<p>Sides (add these to boring tasks to make them more exciting)</p>
<ul style="list-style-type: none"> ● YouTube ● Netflix ● Video games ● Social media (FB, Instagram, Snapchat, Twitter, TikTok, etc.) ● Reddit ● <u>(other ideas here)</u> 	<ul style="list-style-type: none"> ● Listening to music while studying ● Study buddies (that keep you accountable) ● A clean desk to help you focus ● An oil diffuser with your favorite scent ● <u>(your ideas here!)</u>
<p>Specials (Occasional things to do that take time, money, etc.)</p>	
<ul style="list-style-type: none"> ● Virtual concert of favorite artist ● Buying treats at the local bakery ● Buy something nice for yourself (or someone else!) ● <u>(your ideas here!)</u> 	
<p>Night Time Snacks (Winding down for the night)</p>	
<ul style="list-style-type: none"> ● Comfortable PJs ● Podcast, sleep story, sleep music, or meditation track to sleep to ● Having a set “no screen” time (e.g. 11PM, 12AM, etc.) ● <u>(your ideas here!)</u> 	