

Go on a walk	Dance around your house	Create a #MyPreventionStory and share it on social media	Read a new book	Visit your local farmer's market
Practice positive affirmations	Play a board or card game	Learn a new skill/hobby	Spend time outside	Connect with a family member
Try a mindfulness exercise	Talk with someone you trust	FREE SPACE	Write in a journal	Create a drawing or artwork
Limit your social media time	Cook a healthy recipe	Complete a workout	Put up a sticky note with a motivational message	Try a new yoga pose
Try a new workout class or activity	Watch a new movie	Volunteer for a local organization	Listen to your favorite song	Spend time with friends