

Getting to Green

- Write in a journal
- Talk to a friend
- Knit a scarf
- Throw a penny into a wishing well
- Play an instrument
- Turn off your email and cell phone
- Take a walk
- Practice deep breathing
- Make a scrapbook
- Say a prayer
- Get a massage
- Take a road trip
- Meditate
- Send a “thank you” card
- Review a photo album
- Organize your desk
- Think positive thoughts
- Paint a portrait
- Give a compliment
- Drink a cup of tea
- Get lost in a book
- Cuddle your pet
- Read a story to a child
- Plan a picnic
- Listen to music
- Smell some flowers
- Exercise
- Smile at a stranger
- Join a cause
- Dance
- Look for the silver lining
- Practice forgiveness
- Garden
- Laugh
- Take a long bath
- Watch a movie
- Eat a snack
- Order dessert
- Stretch
- Hug a loved one
- Take a nap
- Appreciate the little things in life
- Take the day off
- Perform an act of kindness
- Make up a song
- Eat a piece of chocolate
- Go on a hike
- Doodle