



Inner Supports	Outer Supports
<ul style="list-style-type: none"> • Taking in the Good • Meditation • Prayer • Keeping a Journal • Writing a Gratitude Diary • Taking a note of what nourishes you • Offering yourself compassion when things are difficult • Planning experiences that will be enjoyable • Tackling worry by making a plan 	<ul style="list-style-type: none"> • Staying in touch with friends • Helping others • Being in nature • Taking exercise that is right for you • Housework • Gardening • Cooking • Baking • Talking to a professional listener • Listening to music • Being with animals • Choosing to eat healthy food • Honestly praising others • Healthy distraction: like watching a funny movie