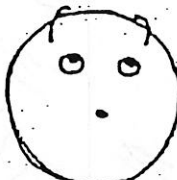




Indifferent



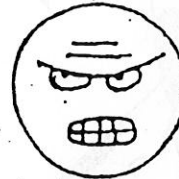
Idiotic



Innocent



Interested



Jealous



Joyful



Loaded



Lonely



Lovestruck



Meditative



Mischievous



Miserable



Negative



Obstinate



Optimistic



Pained



Paranoid



Perplexed



Prudish



Puzzled



Regretful



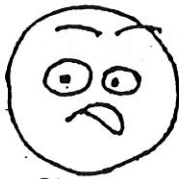
Relieved



Sad



Satisfied



Shocked



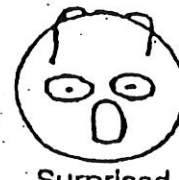
Sheepish



Smug



Surly



Surprised



Suspicious



Sympathetic



Thoughtful



Undecided



Withdrawn

# HOW ARE YOU FEELING?

# Ideas for Self-Nurturing Activities

\* = free

Listen to my favorite music	*	Enjoy a relaxing nap
Enjoy a long, warm bubble bath		Visit a museum or art gallery
* Go for a walk	*	Practice yoga
* Share a hug with a loved one		Relax in a whirlpool or sauna
* Relax outside	*	Enjoy a cool, refreshing glass of water or juice
* Exercise (of my choice)	*	Enjoy the beauty of nature
* Spiritual prayer	*	Reflect on: "I am thankful for ..."
* Attend a caring support group	*	Play like I did when I was a child
* Practice diaphragmatic breathing	*	Star gaze
* Do stretching exercises	*	Window shop
* Reflect on my positive qualities	*	Daydream
* Watch the sunrise or sunset	*	Tell myself the loving words I want to hear from others
Wear soft pajamas		Attend a special workshop
* Laugh		Go sailing/paddle boating
* Concentrate on a relaxing scene		Reward myself with a special, affordable gift
... Create collage representing "The real Me"		Take myself on a vacation
Receive a massage		Create with clay or pottery
* Reflect on: "I appreciate..."	*	Practice positive affirmations
* Write my thoughts and feelings in a journal	*	Pet an animal
Attend a favorite athletic event		Watch my favorite TV show
Do something adventurous	*	Reflect on my successes
Read a special book or magazine	*	Write a poem expressing my feelings
* Sing/hum/whistle a happy tune		Make a bouquet of flowers
* Swing/slide/teeter totter	*	Watch and name the clouds
Play musical instruments		Make myself something nice
* Spiritual meditation	*	Visit a park or a forest
Work with plants in the garden		Read positive, motivational literature
Learn a new skill	*	Reflect on: "What I value most in life"
See a special play, movie, or concert		Work out with weights
Draw or paint a picture		Ride a bicycle
* Swim/float/wade/relax in a pool or in the ocean		Make myself a nutritious meal
* Do aerobics or dance		Go on a picnic in a beautiful setting
Visit a special place I enjoy		Enjoy a gourmet cup of herbal tea
* Smile and say: "I LOVE MYSELF!"		Participate in my favorite sport or game
* Take time to smell the roses		Practice a relaxation exercise or listen to relaxation tape
* Imagine myself achieving all of my goals and dreams	*	Practice the art of forgiveness
Go horseback riding		Treat myself to a nutritious meal out
Reflect on: "My most enjoyable memories..."		Participate in a hobby
Call a special friend	*	Create my own list of self-nurturing activities

### HOW ARE YOU FEELING?



depressed



embarrassed



smug



lonely



jealous



exhausted



hysterical



angry



ashamed



overwhelmed



hopeful



disgusted



hurt



love struck



suspicious



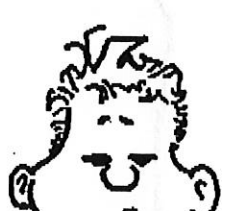
ecstatic



guilty



confident



cautious



happy



enraged



frustrated



mischievous



frightened



confused