

Getting to Green

"Green" is the place where you feel comfortable, relaxed, calm, and at peace.

There are many ways to "get to green." Each individual's strategy is unique. Look over this list. Circle the activities that help you calm down. Note any activities that help your family. Consider adding a few of your own favorites to the list that might not be included.

- Look into an aquarium
- Make a snow angel
- Knit a scarf
- Throw a penny into a wishing well
- Play an instrument
- Turn off your email and cell phone
- Walk along the beach
- Find a four leaf clover
- 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 with your pet
- Read a story to a child
- Plan a picnic
- Find a constellation
- Smell some flowers
- Exercise
- Smile at a stranger
- Join a cause
- Dance in the rain
- Look for the silver lining
- Practice forgiveness
- Garden
- Laugh
- Take a long bath
- Watch a movie
- Cook a warm meal
- Order dessert
- Stretch
- Hug a loved one
- Take a nap
- Appreciate the little things in life
- Take the day off
- Do a kind gesture
- Make up a song
- Eat a piece of chocolate
- Go on a hike
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