

Journaling	Crochet	Knitting	Sewing	Nails	Hair	Crafts	Art/painting/ drawing	Sleep	Set boundaries
Cup of tea/coffee	Camping	Holiday	Mini break	Cross stitch	Weaving	Taking photos	Comedy club/you tube comedy	Spa day	Woodwork, building
Cycling	Saying no	Pilates/yoga etc	Redecorate	Musical instrument	Play music	Sex	Bath	Gardening	Sitting in garden
Book/reading	Board games	Computer games	Sudoku/cross word etc	Writing	hiking	Walking	Theatre	Cinema	Turn phone off
Films	TV shows	Roleplay	Model making/ warhammer	Swimming	Friends	Singing	Family time	Talking out loud through a problem	Pets
Running	Jigsaws	Cooking	Going out for meal	Gym	Martial arts	Meditation	Audio books	Housework	Socialising