

stressful day TO-DO LIST

- CALL A FRIEND 
- TELL SOMEONE "I LOVE YOU"  
- WRITE HOW YOU FEEL  
- CELEBRATE WHAT'S WORKING 
- EAT SOMETHING HEALTHY 
- FIND A DOG 
- TAKE A TIME OUT 
- GO OUTSIDE 
- WEAR SOMETHING COMFY 
- TRASH NEGATIVE THOUGHTS 
- DRINK WARM TEA 
- REMEMBER HOW FAR YOU HAVE COME 
- LOOK AT PRETTY ART 
- DON'T OVERBOOK 
- SLOW DOWN 
- COMPLIMENT YOURSELF 
- LISTEN TO HAPPY TUNES  
- REMEMBER: YOU'RE SMALL 
- CONSIDER HOW YOU'RE LUCKY 
- BE YOUR OWN CHEERLEADER 

Dani DiPiero '17