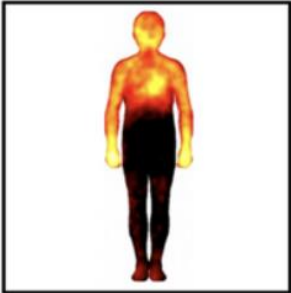


EMOTIONAL SURFING

1.



Where does the emotion land in your body? What is the sensation?

2.



What color would you designate to the emotion?

3. What helps the wave pass through?



SPEND TIME IN NATURE

SAY YOUR PRAYERS



PRACTICE YOGA

PARTICIPATE IN SPORTS



TAKE A NAP



SPEND TIME WITH FRIENDS

DO YOUR EXERCISES



MANAGE TIME

PLAY MUSIC



PRACTICE MEDITATION



PRACTICE ART

READ BOOKS



WRITE YOUR DAILY GRATITUDE

DO SOME COOKING



DO GARDENING