recreation
outdoors
getting enough sleep
fun
learning
writing
therapy
security
therapy
connection
community
books
spending quality time with family
friends
nature,
health
communicating feelings
knit
faith community
good books
pilates
friends
communicating thoughts,
good music
sleep
weave, read
acceptance of what is
music
movies
biking
group
bible study
dance
swimming
love
sleep
prayer
using the 12 steps
walking
family
appreciation
flexibility
exercise
family
sunshine
exercise
friends
silence
community
breath
connectedness
laughing
going for a walk outside
nature
nutrition,
self-care
laughter
tai chi
journaling
friends,
relationships
outdoors
spiritual care,
mindful
sleep
pets
reading
healthy boundaries
laughter
exercise
set small goals everyday
connected to others
taking meds
crafts
dark skies
support
family
meditation
reading
purpose and meaning in life,
gardening
friends
yoga
breath
time management
mindfulness
being grateful
working out
painting
family
music
walking
relationship building
mindfulness
breath
garden
outdoors
sleep
exercise
friendships
community
meditation
friendship
nature
solitude
playing the piano
petting dogs
crafts
aerobics
poetry
stretching
friends
therapy
crochet
appropriate group counseling,
hikingcompleted tasks
employment
relaxation
gratitude
dance,
living in the present
communicating opinions
connections to friends and family,
setting goal
prayer
hopeful
laughter,
meditation
exercise
loved ones
support network
volunteer work
hiking with friends
reading
walking
singing
always learning,
dark skies
good books
working out
nutrition,
play cello or guitar
community
love
exercise
step-aerobics
connection
personal time
gratitude
jesus
family
movement
laughter
writing
my child
reading,
walking my dog
positivity
service
friends
exercise
going outside
biking
self-care
good food
participating in
mindfulness,
friends
exercise
sleep
community
outdoors
music
friendships
mindfulness
positivity
board games
adventure travel
garden
breath
mindful
laughter
relationship building
giving yourself permission to say "no,"
spirituality
prayer
quiet time
painting
community
pet therapy
outdoors
meditation
support
family
relationships
faith community
quality time with family
continuing to learn
exercise
friendship
meditation
mindfulness
pilates
funny shows
regular medical checkups
meditation
absence of worry
friends
gratitude
pets
yoga
alone time
pet therapy
serving others,
plenty of rest
bird and animal watching
healthy relationships
al-anon
breath work
community
aerobics
poetry
walking
friends
sleep
libraries
conversation
walk dogs
meditation
gratitude
employment
quality time with family
laughter
hiking with friends
reading
meditation
exercise
loved ones
support network
volunteer work
laughter
walking
therapy
hopeful
gratitude
dance,
living in the present
communicating opinions
connections to friends and family,
setting goal
prayer
always learning,
dark skies
singing