

# Presents to Give Yourself

(Adaptation from 81 Presents to Give Yourself. Mental Health Association of Oregon.)

- Walk instead of ride
- Give yourself a compliment
- Break a bad habit, if just for today
- Read a poem aloud
- Visit someone who cannot leave the house
- Use a new word
- Walk to the nearest park
- Take yourself to lunch
- Try a new food
- Take a risk
- Tell someone you love him or her
- Do something you've always wanted to do
- Contact someone you've been thinking about
- Surprise a child
- Sing in the shower
- Walk in the rain
- Give away something you don't like
- Curl up before an open fire with some cocoa
- Return something you've borrowed
- Organize some small corner of your life
- Draw a picture, even if you can't draw
- Keep a secret
- Go wading
- Tell a joke
- Walk barefoot
- Visit a lonely person
- Sign up for a class
- Enjoy silence
- Search out a long-lost friend
- Look at the stars
- Be thankful
- Frame a picture
- Forget an old grudge
- Help a stranger
- Go to the library
- Jump in a pile of leaves
- Take a rainy day nap
- Meditate
- Learn something new
- Hug someone
- List 10 things you do well
- Pay a compliment
- Waste a little time
- Buy a ticket to a special event
- Pop popcorn
- Turn off the TV and talk
- Practice courage in one small way
- Eat with chopsticks
- Bake a cake for no reason
- Look at old photos
- Talk to a pet
- Encourage a young person