

Direct Strategies

v 0.1

Declutter.

**Call a loved
one.**

**Plan some
time with
friends.**

Let it go.

Stretch.

**Take civic
action.**

**Use
sunscreen.**

Exercise.

Floss.

**Plan a
getaway.**

Mix it up.

**Make
time for
yourself.**

Eat healthy.

Say no.

**Express
gratitude.**

Plan meals.

**Cultivate
your hobby.**

**Check the
weather for
the week.**

**Backup
your
devices.**

**Get some
fresh air.**

**Read a
newspaper.**

**Reach out
to someone
you haven't
spoken to
in a while.**

**Drink more
water.**

Moisturize.

**Purge
expired
food and
medicines.**

**Take a
break
from the
Internet.**

Get rest.

**Be
vulnerable.**

**Ask for help
if you need
it.**

Archive.

Offer help.

Write.

**Notice the
moment.**

**Make
emergency
plans.**

Dream.
