

## HEALING ACTIVITIES

# IDEAS

LISTEN TO SOOTHING MUSIC OR  
CREATE A CALMING PLAYLIST



HAVE A FESTIVE GATHERING WITH  
FRIENDS OR FAMILY

EXPRESS YOURSELF THROUGH WRITING,  
DRAWING, OR COLLAGE-MAKING



CULTIVATE INNER PEACE AND  
TRANQUILLITY THROUGH MINDFUL  
BREATHING

ENHANCE FLEXIBILITY AND REDUCE  
STRESS WITH EXERCISE

