

# Your Recovery & Rest Kit

## Feel It To Heal It



### Release The Tension

Watch a tear-jerker and have a good cry

## Shake It Out



### Get Moving

Move in any way that brings you joy

## Experience Joy



### Laugh It Off

Share a funny memory or clip with a friend

## Reach For Connection



### Reach For Safety

Share your struggle with a trusted loved one



### Catch Your Breath

Breathe deeply and slowly for 1 minute



### Dance It Out

Play a song you love and dance until your heart pumps



### Get Creative

Draw, sing, dance, write; process through play



### Reconnect With Fun

Enjoy a simple, fun moment with a friend



### Soothe Yourself

Place a hand on your wrist and take 5 deep breaths



### Walk It Off

Go for a brisk walk (in nature is even better)



### Nourish Your Body

Slow down and savor your favorite healthy food



### Lean Into Affection

Share a long hug with your favorite human (or pet)