

1 <i>Spend 20 minutes outside</i>	2 <i>Paint or draw something</i>	3 <i>Write down five things you are grateful for</i>	4 <i>Get hydrated</i>	5 <i>Play loud music and dance</i>	6 <i>No social media day</i>	7 <i>Take a long bubble bath or sing in the shower</i>
8 <i>Ten minutes of meditation</i>	9 <i>Do your favorite cardio exercise for 20 minutes</i>	10 <i>Go to bed early</i>	11 <i>Start a good vitamin regimen</i>	12 <i>Snuggle an animal or teddy bear</i>	13 <i>Do some yoga</i>	14 <i>Look up Hygge and learn more about it</i>
15 <i>Try a relaxing essential oil blend</i>	16 <i>Make a stress ball, or buy one.</i>	17 <i>Pick a time of the day that will be just for you</i>	18 <i>Do something you are good at, or start a new hobby</i>	19 <i>Make a list of your anxieties</i>	20 <i>Comment on each anxiety how to calm them</i>	21 <i>Start the happiness challenge</i>