

# Cool Down Checklist

Being angry, sad, or mad happens to each and every person. Big feelings fill our bodies and, sometimes, we don't know how to help ourselves. Doing things that are pleasurable and make you feel good can help you relax. It is helpful to engage in these types of activities on a regular, even daily, basis. Exercise is especially important because it has been linked with the release of endorphins, which leads to feeling better and more relaxed. Check which activities you are willing to do and challenge yourself to think of others to add to this list as well. Keep this list handy as a reminder to do these activities often!

- Lift weights
- Go for a walk
- Stretch your muscles
- Ride your bike
- Talk to a friend on the phone
- Do yoga
- Go outside and watch the clouds
- Play basketball
- Go for a ride in the car
- Play with your pet
- Play video games
- Play a board game
- Cook your favorite food
- Watch a funny movie
- Meditate
- Learn a new skill
- Listen to the radio
- Clean your room
- Write in a journal
- Paint or draw a picture
- Take pictures
- Spend time with family
- Have a dance party

