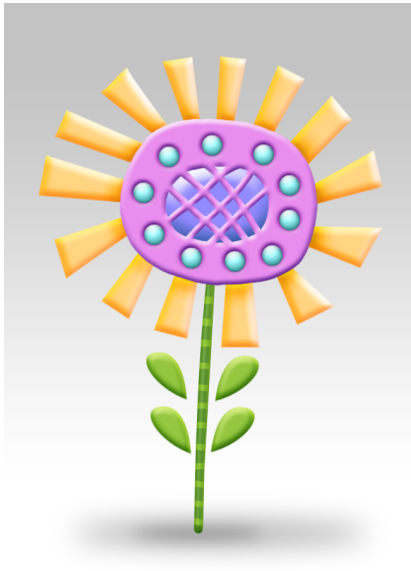


Simple Pleasures

Because we know that in the midst of overwhelming emotion, it can be difficult to think of even the smallest thing that will make you feel better, we have compiled some easy ways for you to find relief.



- A caring pet.
- A funny movie.
- A good friend.
- A soft blanket.
- Comfortable shoes.
- Fresh flowers.
- Sunshine.
- A walk on the beach.
- Watching a sunset or sunrise
- A warm candlelit bath/shower.
- Playing with a child.
- A new haircut or style,
- Sending a thank you note.
- Surprising a loved one.
- Music.
- A nap.
- Holding hands.
- Family game night.
- Watching old movies.
- Photo albums.
- Caressing someone's hair.
- Getting a shoulder rub.
- Watching a funny play.
- A day trip to the mountains or beach.
- Running through the sprinklers in the summer.
- Walk through a newly fallen snow at midnight.
- Playing Scrabble.
- Going for a drive.
- Sharing at dinner.
- A fragrant candle.
- Receiving a hand written letter in the mail.
- Watching things grow.
- Topiary or bonsai.
- Watching a baby laugh.
- Finding money.
- Seeing an old picture of a relative.
- Pictures of baby animals.
- Reading in bed.
- Sheets dried in the sun.
- Candlelight dinner.
- Morning tea.
- Journal writing.
- Growing fresh bean sprouts
- Hand-written letters.
- Burning candles.
- Fresh flowers.
- Folding laundry.
- Walking slowly through a gallery or museum.
- Filling a bird feeder.
- Sitting quietly outside, just listening and breathing.
- Walk outside at night to look at the stars.
- Sharing a cup of coffee with a friend.
- Browsing a card shop.
- Sharing pictures and stories from a trip.
- Hearing stories you're your relatives.
- Sharing a laugh.
- Waking up on a weekend with no plans and allowing the day to unfold.
- A flower shop.
- A wine shop.
- Having quiet spiritual time.
- A bath and candles
- A beautiful painting.
- A puppy or a kitten.
- Watching people and families at the park.
- Smelling fresh baking bread.
- Just being

Have you thought of more?

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