



25 Ways to Recharge Yourself

www.scattereddsasha.com

1. Play music that makes you happy
2. Read
3. Unplug from social media
4. Take a nap
5. Work on a hobby
6. Binge watch your favorite show
7. Repeat positive affirmations
8. Journal
9. Take a bath or shower
10. Watch funny videos
11. Treat yourself to your favorite sweet
12. Take a drive

13. Call a friend
14. Take a walk
15. Exercise or stretch
16. Meditate
17. Clean out a drawer
18. Drink a hot beverage
19. Make yourself a bouquet
20. Go for a walk
21. Make a list of what makes you happy
22. Blow bubbles
23. Write a letter
24. Do a random act of kindness
25. *DANCE!*