



ANGELA RUSS –AYON

REFLECT, RESTRUCTURE, RESET, RENEW: AN INTERACTIVE SELF-CARE EXPERIENCE

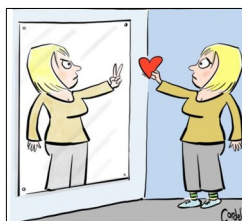
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Daily Restorative Activities & Healthy Coping Strategies

- **What habits would you like to change?**
- **What do you want to try?**
- **How will you find more joy and calm in each day?**
- **What is working for your friends & peers?**
- **What is stopping you?**



- ☐ Take a break from technology. Delete apps that you binge on for a week or two. Test yourself. Detox. See where your mind goes.
- ☐ Avoid ruminating and bullying yourself. Use positive self-talk.
- ☐ Post and read positive affirmations and other intentional, encouraging statements. Share them with others.
- ☐ Seek to solve your problems and overcome your challenges. Invent something!
- ☐ See failures and mistakes as learning opportunities. Celebrate them and take a bow!
- ☐ Minimize interruptions.
- ☐ Compartmentalize tasks.
- ☐ Get organized - declutter.
- ☐ Change your environment.
- ☐ Surround yourself with nature.
- ☐ Redecorate or redesign your space with décor and colors you find pleasing.
- ☐ Designate play, relaxation, and workspaces.
- ☐ Relax in a hot shower, bath, jacuzzi, or steam room.
- ☐ Use a massaging wand.

- ☐ Sit by a burning fire or portable waterfall.
- ☐ Use aromatherapy with essential oils, pleasantly scented candles, or fresh flowers.
- ☐ Re-examine and restructure your relationships. Which are positive and which are toxic?
- ☐ Reconnect with friends and family who are supportive.
- ☐ Play with a child.
- ☐ Set boundaries and hold to them. Just say NO.
- ☐ Surround yourself with soft, warm light in soothing tones. Bright, harsh, fluorescent or blue LED light can overstimulate the nervous system.
- ☐ Avoid products that contain harmful chemicals: shampoos, lotions, make-up, cleaning products, etc.
- ☐ Wear and surround yourself with colors that calm you and enhance your mood.
- ☐ Wear comfortable clothing made of natural fibers.
- ☐ View photos of beautiful images (guided visualization) and positive memories.
- ☐ Watch movies, shows, and comedians that make you laugh.
- ☐ Learn or practice a new skill, language, or talent: learn to play a new instrument, knit, crochet, arrange flowers, etc.
- ☐ Listen to music that calms, or motivates and inspires you.
- ☐ Sing and dance.
- ☐ Move more. Get physically active.
- ☐ Engage in creative activities: bake, write, paint, color, doodle, mold clay, complete a puzzle, etc.
- ☐ Innovate and improve what isn't working or is broken.
- ☐ Write in a positivity or gratitude journal daily.
- ☐ Find something for which to be thankful.
- ☐ Look to your spirituality...your faith.
- ☐ Forgive someone.
- ☐ Volunteer, mentor, or tutor. Share your knowledge. Visit orphans. Hold babies. Foster puppies.
- ☐ Find ways to give back. Surprise someone with a random act of kindness.
- ☐ Ask for help when you need it.
- ☐ Join an emotional support group.
- ☐ Consider an emotional support animal.

**Thank you for listening,
and welcome to the CLUB!
AbridgeClub.com**



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|---|---|
| ☐ I neglect my diet | ☐ I feel my opinion doesn't count |
| ☐ I don't move as much as I should | ☐ I try to do everything myself |
| ☐ I'm at an unhealthy weight | ☐ I don't like to ask for help |
| ☐ I have health issues that affect my ability to do things | ☐ I'm often criticized for the things I do |
| ☐ I have trouble sleeping | ☐ I worry a lot |
| ☐ I use sleep aids | ☐ I'm nervous when speaking in public |
| ☐ I'm always tired | ☐ I'm easily embarrassed |
| ☐ I have a negative attitude | ☐ I fear failure or making mistakes |
| ☐ I'm depressed | ☐ I don't like to draw attention to myself |
| ☐ I have headaches | ☐ I have trouble concentrating |
| ☐ I get sick often | ☐ I have few supportive relationships |
| ☐ I drink too much alcohol | ☐ I don't have anyone to talk to |
| ☐ I use recreational drugs to feel better | ☐ I feel betrayed by someone close to me |
| ☐ I follow where I'm led | ☐ I keep everything inside |
| ☐ I am always nervous or anxious | ☐ I put important things off until later/forever |
| ☐ I don't like to be kept waiting | ☐ I gossip (leads to a negative cycle of distrust) |
| ☐ I get easily frustrated with people situations | ☐ I spend time complaining about my past |
| ☐ I am easily angered by things that are out of my control | ☐ I rarely/never do anything for myself |
| ☐ I rarely speak up for myself when I should | ☐ I'm financially unstable |
| ☐ I am always critical of myself | ☐ I'm always too busy |
| ☐ I don't like uncertainty | ☐ I often fall short of my goals |
| ☐ I lack motivation | ☐ I have suffered loss |
| ☐ I can't seem to get anything done | ☐ My life is in turmoil |
| ☐ I lack self-confidence | ☐ I feel completely lost |
| ☐ I have high or unrealistic expectations | ☐ I fail to find time to relax |
| ☐ I struggle with time management | ☐ I cry when I leave work |

What is your score?

Just one can be the cause of your stress.

One of the first steps to reducing stress is identifying its cause. Select from the list of coping strategies and utilize the ones that work for you on a regular basis.