

98 Things to Do to During Tough Times

1. Pray
2. Acknowledge you need help and support
3. Allow others to be there for you and help you
4. Ask for a hug
5. Ask for people to pray for you (be specific)
6. Ask for what you need
7. Ask others for positive feedback
8. Ask yourself “will this matter in 100 years?”
9. Avoid overdoing anything (alcohol, food, etc.)
10. Be kind to a stranger
11. Be kind to yourself
12. Clean your home
13. Collect positive quotes
14. Count your blessings
15. Count your blessings again
16. Create a budget
17. Cry on a friend’s shoulder
18. Donate clothes and goods to charity
19. Eat an ice-cream cone
20. Eat in moderation
21. Eat nutritious food
22. Exercise
23. Express your feelings
24. Find a favorite bible verse
25. Finish home projects
26. Forgive someone else
27. Forgive yourself
28. Get a massage
29. Get a new hairstyle
30. Get a pedicure or manicure (or do yourself)
31. Get enough sleep
32. Get organized
33. Give someone a flower
34. Give someone a hug who needs one
35. Go bowling
36. Go for a walk or hike
37. Go to a matinee movie
38. Go to the library & check out books
39. Go to the park
40. Go to your favorite restaurant for lunch
41. Help someone else
42. Host a potluck dinner
43. Hug your child or pet
44. Keep a journal – prayer or joy journal
45. Keep a sense of humor
46. Laugh
47. Listen to inspirational music
48. Make a new friend
49. Make your favorite meal
50. Meet with someone else in transition
51. Meet with your pastor/priest
52. Memorize bible verses
53. Organize a old fashion games night
54. Paint a room
55. Phone a supportive friend/family member
56. Play in the garden
57. Put your favorite outfit on
58. Read a book to a child
59. Read a classic book
60. Read an inspirational book
61. Read autobiographies of successful people
62. Read the Bible
63. Read through positive performance reviews
64. Read through you thank you notes
65. Rearrange furniture
66. Reconnect with an old friend/colleague
67. Rent a sad movie and cry
68. Rent your favorite comedy & laugh
69. Research a fun topic
70. See a therapist, if needed
71. Send a loved one a card
72. Send yourself a card
73. Serve the homeless dinner
74. Set goals
75. Show your love
76. Simplify your surroundings –eliminate clutter
77. Sing your favorite hymn
78. Smell the roses – literally
79. Subscribe to positive emails
80. Take a break
81. Take a class
82. Take a risk
83. Take a walk
84. Take time to do favorite hobbies
85. Tell someone you love them
86. Throw a “cheer up” party
87. Try a new recipe
88. Visit the elderly
89. Volunteer at church
90. Volunteer at food shelf
91. Volunteer at a homeless shelter
92. Volunteer at the Humane Society
93. Walk a dog (don’t have one walk a friend’s)
94. Watch the sunrise
95. Watch the sunset
96. Watch TV programs that make you laugh or cry
97. Write 100 things that are good about you
98. Trust God