



**Are you hydrated?**

If not, have a glass of water.

**Have you eaten in the past three hours?**

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

**Have you showered in the past day?**

If not, take a shower right now.

**Have you stretched your legs in the past day?**

If not, do so right now. If you don't have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

**Have you said something nice to someone in the past day?**

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

**Have you moved your body to music in the past day?**

If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

**Have you cuddled a living being in the past two days?**

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

**Have you seen a therapist in the past few days?**

If not, hang on until your next therapy visit and talk through things then.

**Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?**