

G.R.A.P.E.S

Gentle to Self:

- Talk more kindly to myself
- Try to forgive myself
- Try to encourage myself rather criticize
- Reflect on:
 - What I value most in life
 - Enjoyable moments
 - My dreams
 - What I am thankful for
 - What I like to do
- Read a self-help or self- nurturing book
- Write an encouraging letter to myself
- Read the Personal Bill of Rights
- Practice positive affirmations
- Communicate my needs/feelings to a loved one
- Say no to an inconvenient request
- Drink enough water daily
- Meditate

Relaxation: Get your body to relax and your mind will follow:

- Learn to relax your body and muscles
- Yoga
- Qigong
- Progressive muscle relaxation
- Guided imagery
- Body Scan
- Acupuncture
- Massage

- Deep breathing
- Sauna/hot tub
- Remind yourself that it is ok to relax
- Go look at the stars
- Watch the sunrise or sunset

Accomplishments:

- Make a healthy meal for myself
- Buy healthy groceries for the week/ make a meal plan (goal 5 vegetable servings daily)
- Go to therapy
- Do laundry
- Clean home
- Pay bills/ set up automatic bill pay online, set a budget
- Donate old clothes to charity

Pleasure:

- Go to dinner
- Watch a movie
- Get a massage or a hair cut
- Relax at the beach or park
- Do a puzzle
- Do an art project
- Visit a museum
- Look for ideas: event section in the San Diego Reader, City Beat Magazine, or meetup.com
- Visit art gallery, walk around sea port village
- Go to the farmer's market, buy fresh flowers

Exercise:

- Go for a walk
- Join the gym
- Go to a yoga class, Pilates, Zumba
- Go for a hike, bike ride. Kayaking
- Walk around the beach

Social:

- Invite a friend for lunch
- Talk to members of the group on the break
- Attend a meetup.com group
- Go to a social group through church
- Call a friend or family member
- Send an email to someone you care about
- Take a class (community college or an art class)
- Write a letter to an old friend
- Tell someone how you feel about them

The following are some links with free relaxation MP3s

- <http://www.dartmouth.edu/~healthed/relax/downloads.html#muscle>
- <http://www.sfu.ca/students/health/>
- <http://www.loyola.edu/department/counselingcenter/students/relaxation.aspx>
- http://www.sandiego.edu/usdcc/resources/relaxation_exercises.php
- Watch YouTube videos search for terms such as: yoga, guided meditation, mindfulness, and progressive muscle relaxation

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	Gentle with self	Relaxation	Accomplishment	Pleasure	Exercise	Social
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						