

RECHARGE TOOL KIT TECHNIQUES

- Rhythmic breathing
- Journaling
- Physical exercise
- Aromatherapy
- Gratitude list
- Spend time in nature
- Act of kindness
- Play with kids or pets
- Creative hobby
- Meditation
- Biofeedback
- Massage or bodywork
- Music
- Read something inspiring
- Connect with a friend
- Thank you note
- Mentor a young person
- Other