

Tender Care for a Happy Heart

Choose one or two action items from this handout that you would like to do during each week of the training. Then, write down the date that you completed each action.

Action	Date	Action	Date
<input type="checkbox"/> Say something nice, positive, or uplifting to someone.	_____	<input type="checkbox"/> Call a friend you have not seen for a long time.	_____
<input type="checkbox"/> Allow additional time to do things and get to places without rushing.	_____	<input type="checkbox"/> Look at yourself in the mirror and say, "I am special and unique."	_____
<input type="checkbox"/> Try a new hobby such as arts and crafts.	_____	<input type="checkbox"/> Write down how you feel.	_____
<input type="checkbox"/> Look for an activity that will allow you to make new friends.	_____	<input type="checkbox"/> At the end of the day, think about the things that were good and the things you can improve.	_____
<input type="checkbox"/> Show gratitude to at least five people.	_____	<input type="checkbox"/> Rest. Go to bed 1 hour earlier than usual.	_____
<input type="checkbox"/> Tell your loved ones that you love them.	_____	<input type="checkbox"/> Listen to soft music to relax.	_____
<input type="checkbox"/> Do something nice for someone.	_____	<input type="checkbox"/> Help someone in need.	_____
<input type="checkbox"/> Think about three things that make you happy.	_____	<input type="checkbox"/> Plant a garden.	_____
<input type="checkbox"/> Value what you have, and try to see the positive side of things.	_____	<input type="checkbox"/> Be thankful for your family.	_____
<input type="checkbox"/> Do something special for yourself.	_____	<input type="checkbox"/> Seek support in your faith community.	_____
<input type="checkbox"/> Laugh and be positive. If you like jokes, tell one.	_____	<input type="checkbox"/> Speak calmly. Do not yell or scream.	_____
		<input type="checkbox"/> Take 15 minutes to breathe deeply and relax.	_____
		<input type="checkbox"/> Be kind to someone with whom you have differences.	_____