

# Cool Down Checklist

Doing things that are pleasurable and make you feel good can help you relax. It is helpful to engage in these types of activities on a regular, or even daily, basis. Exercise is especially important because it has been linked with the release of endorphins, which leads to feeling better and more relaxed.

Check the activities you're willing to do, and then add any other activities you can think of.

<input type="checkbox"/> Lift weights	<input type="checkbox"/> Go jogging	<input type="checkbox"/> Stretch your muscles	<input type="checkbox"/> Ride your bike
<input type="checkbox"/> Talk to a friend on the phone	<input type="checkbox"/> Do yoga	<input type="checkbox"/> Go for a swim	<input type="checkbox"/> Go hiking
<input type="checkbox"/> Go outside and watch the clouds	<input type="checkbox"/> Go rock climbing	<input type="checkbox"/> Go kayaking	<input type="checkbox"/> Play basketball
<input type="checkbox"/> Get a massage	<input type="checkbox"/> Get out of the house	<input type="checkbox"/> Go for a ride in the car	<input type="checkbox"/> Play with your pet
<input type="checkbox"/> Go bowling	<input type="checkbox"/> Visit a friend	<input type="checkbox"/> Play video games	<input type="checkbox"/> Cook your favorite food
<input type="checkbox"/> Watch a funny movie	<input type="checkbox"/> Meditate	<input type="checkbox"/> Do yard work, such as mowing	<input type="checkbox"/> Grow a garden
<input type="checkbox"/> Learn to knit or crochet	<input type="checkbox"/> Join a social club	<input type="checkbox"/> Play tennis	<input type="checkbox"/> Go shopping
<input type="checkbox"/> Listen to the radio or stream a radio station	<input type="checkbox"/> Watch TV	<input type="checkbox"/> Clean your room	<input type="checkbox"/> Write in a journal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>