

GRAPES

Make feeling good a daily habit.
Increase energy and improve mood by
adding GRAPES to your daily activities.



Gentle with self

Be kind to yourself. Think about yourself
with pride, acceptance, and forgiveness.

Think about things you are thankful for.
Say no to an inconvenient request.



Relaxation

Take time to relax and unwind from stress.

Practice meditation or yoga.
Play with a pet.



Accomplishment

Commit to completing at least one task.

Do the laundry.
Complete something from your to-do list.



Pleasure

Do something that makes you feel good.

Listen to music you enjoy.
Treat yourself to a tasty snack.



Exercise

Get moving to improve your mood and health.

Do some stretches.
Go for a walk.



Social

Connect and interact with others.

Wave to or make small talk with a neighbor.
Have dinner with a friend.

SELF

OTHER

