

## Things to do if you are awake

### **In the evening:**

- ❖ Choose clothes that you can wear for work or school the next day
- ❖ Make your lunch
- ❖ Marinate or start to prepare food for dinner the following day and store it in the refrigerator
- ❖ Take a bath or long shower
- ❖ Write thank you notes or short emails to friends
- ❖ Surf the internet (non-stressful topics only), do research for major purchases (cars, appliances, vacations)
- ❖ Watch movies or episodes of television shows that you haven't seen in a long time (no action films)
- ❖ Take the dog for a long walk
- ❖ Groom your pets
- ❖ Listen to slow, relaxing or instrumental music
- ❖ Gather old bills and statements and shred them
- ❖ Organize collections- photos, old letters, wine, books, or other items
- ❖ Catch up on laundry or folding clothes
- ❖ Polish your shoes
- ❖ Iron or mend clothing
- ❖ Write in your journal
- ❖ Do some stretches to relax your muscles
- ❖ Give yourself a pedicure, manicure or facial
- ❖ Sweep or mop the kitchen floor while no one else is there to walk on it
- ❖ Floss!
- ❖ Knit
- ❖ Quilt

### ❖ **During the night:**

- ❖ Look through catalogs
- ❖ Update your address books or start one online or on paper
- ❖ Sort out junk mail and bills (but don't pay bills)
- ❖ Play solitaire online or with cards at home
- ❖ Catch up on your reading
- ❖ Call friends who live in other time zones
- ❖ Clean out the refrigerator
- ❖ Make a grocery shopping list for the week
- ❖ Create a detailed menu for dinners

- ❖ De-clutter your coffee table, dining room table, kitchen countertops or desk
- ❖ Create a list of activities that you'd enjoy doing on weekends and vacations
- ❖ Work on photo albums or scrapbooks
- ❖ Fold clothes, put away clothes
- ❖ Shop for holiday, wedding or birthday gifts online
- ❖ Read magazines or other light material
- ❖ Make a materials list for a project around the house
- ❖ Choose one or two drawers to clean out (in your desk, kitchen, bathroom)
- ❖ Watch infomercials, C-SPAN, The Weather Channel, or other repetitive television shows
- ❖ Organize collections of CDs or DVDs and choose some to donate or sell if you no longer enjoy them
- ❖ Jot down thoughts on a notepad for an assigned period of time, if you are using this exercise to help decrease nighttime and bedtime thinking and worrying
- ❖ Knit or do other crafts that you can stop working on when you feel sleepy
- ❖ Read your kids' books- these are often very comforting and positive in their messages

**Early in the morning:**

- ❖ Meditate or pray
- ❖ Watch the sunrise
- ❖ Take the dog for a walk
- ❖ Read the newspaper or read the news online
- ❖ Go to your gym or workout at home
- ❖ Go to the grocery store or other stores that open early
- ❖ Make lunch for yourself and for everyone else in the house
- ❖ Enjoy being able to get ready for work and kids ready for school without having to rush
- ❖ Sort out some kids' toys and choose things for Goodwill or a yard sale
- ❖ Sort and start your laundry, iron shirts or other clothes for work
- ❖ Start a budget for your family on a spreadsheet or in a notebook
- ❖ Send emails to friends or check your work email
- ❖ Shred or erase old computer disks, DVDs, etc.
- ❖ Organize all of your bills, receipts, coupons and warranty information in a filing cabinet or folders
- ❖ Get some of the preparation started for dinner dishes (marinating, chopping vegetables, and so on)
- ❖ Make the bed and tidy up your bedroom Open the curtains and blinds in the house
- ❖ Sweep your sidewalk or steps, or shovel snow
- ❖ Do some light gardening or water houseplants or those around your porch
- ❖ Review your to-do list for the day or the week

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