



# Feel It—Then Fix It Checklist




## Dance It Out, Girl

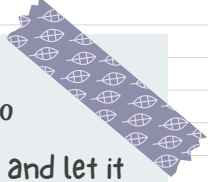
- Turn on Dancing Queen (or your feel-good favorite).
- Move for one full song—no rules, no judgment.
- Bonus: Dance while you clean, cook, or pack. Instant energy boost!

## Laugh It Off

- Open Youtube → Search the Pet Collective.
  - Watch 2–3 funny videos (cats optional, but highly encouraged).
  - Feel your shoulders drop? That's the serotonin talking.
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## Get a Dose of Nature

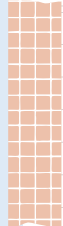
- Step outside or sit near a window for 5 minutes.
  - Tend your plants—trim, water, or just admire.
  - Try a nature-sound app like Calm, Portal, or Naturespace.
  - Refill your bird feeder (and watch your little visitors work their magic).
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## Cry If You Need To


- Find a safe, private space and let it out.
- Remember—it's not weakness, it's release.
- You'll feel lighter, calmer, and more you afterward.

## Lift Someone Else Up

- text a friend who might be having a rough day.
  - Drop off a treat, share a funny meme, or invite someone to coffee.
  - Remember: "When we reach out in kindness, we lift ourselves too."
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## Bonus Blue Day Butt-Kicker

- Netflix. Mint chip. Pajamas.
  - Feel your feelings, girl—but don't stay there. Tomorrow's a new day.
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✨ "We. Are. Not. Done." ✨

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