

25 Ideas for When You're Too Tired

Television is not the only answer! Try these:

Alone

- Take a warm bath
- Aromatherapy
- Listen to an audiobook
- Read (something light)
- Knit, crochet or sew
- Meditate or pray
- Light a candle
- Do some gentle stretching
- Crossword puzzle, sudoku
- Do some coloring
- Send a note to a friend
- Write in your journal
- Give yourself a mini manicure
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With Others

- Make real hot chocolate
- Cuddle a pet
- Flick through favorite photos
- Watch a TED talk
- Go for a walk
- Listen to soothing music
- Do a jigsaw puzzle
- Update a scrapbook
- Call a forgotten friend
- Stargazing
- Light a fire
- Plan a vacation
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