



# 40 ways to "Y-ND" DOWN



Take a hike

Paint your nails

Go online shopping

Game with some friends

Listen to a guided meditation

Throw a dance party

Stroll through the Duck Pond

Try a new recipe

Learn the dance to a favorite music video

Watch the sunset

Write in your journal

Run the campus stairs

Pick up cookies from your favorite local spot

Grab a frozen treat from the Creamery

Facetime with a friend

Take a bath

Clean something around the house

Say a prayer

Watch an episode of your favorite show

Practice an instrument

Learn the dance to a favorite music video

Have a bonfire with friends in the canyon

Make a microwave dessert

Listen to a favorite talk or devotional

Throw a ball around or start a pick-up game

Share memes with a friend

Take a BuzzFeed quiz

Watch a movie

Drop by the animal shelter

Write a thank you note to a friend

Update your music playlists

Make a must-read list and checkout a book

Color a picture

Follow a yoga video on YouTube

Do a progressive relaxation exercise

Read holy scripture

Go to the movies on \$5 Tuesdays

Drink a full glass of water and eat a snack

Take a nap

Go on a bike ride

