

Things to make you smile (positive emotions)

Activities for being at home to support your self-care.

Express a gratitude each day about what you are noticing in one another now that you are spending more time together	Use "I messages" to explore and undertones each there further	Be curious with how you can have a balance between "me time" and "together time"	Bake for someone else, dropping off a care package on the front door mat. BONUS: explore #mindfulcooking for ideas	Make a schedule for different activities that are led by different people within your home.
Explored meditation or breathing techniques. TIP: There are some ideas on this website in past blog posts	Create positive affirmations or mantras.	Clean out cupboards of things that don't bring your joy anymore and then prepare these for sale, donation or reuse.	Carry out a random act of kindness to someone in your house.	Notice a strength in one of your house mates and communicated this.
Become curious about something that someone else is interested in but you do not know much about.	Explore a guided breathing tune.	Express emotions through music or the creation of a playlist.	Try an app that explores capturing gratitudes, exploring mindfulness or promotes mental wellbeing.	Draw on your strengths of planner or organiser and begin researching, mapping out and putting together an itinerary for a future holiday.
Celebrate time together by creating the table setting (maybe some fresh flowers or greenery that you pick from your garden), create name tags, decorate the table, write notes to each guest, create a menu, cook a new or favourite recipe, and savour the time together though the process of planning, initiating, and participating in.	Read those books you have sitting on your bookshelves that you have not read yet or have been wanting to get back to read. Savour this chance to read and explore.	Cuddle someone.	Snuggle on the couch under a blanket watching TV or reading a book or sketching in your journal.	Write a journal.
Give yourself a facial.	Sing out loud to your favourite song while expressing yourself with dance moves around the house.	FaceTime or video conference a friend and connect with them.	Spend time in nature and look up.	Consider how you can help some else who may be in need of help, company or a smile.