**50 Restorative Practices for Changing a Negative World View to a More Positive World View**

1. Create a Pinterest board that is inspirational/motivational to you that you can look at when you are on the dark side of your world view. See Compassion Resiliency board on Pinterest.
2. Start staff meetings with a success story.
3. Be aware of your cynicism, sarcastic, dark humor self and seek to balance this out.
4. Limit or don’t listen to/watch/read the news.
5. A lawyer told us she noticed she wasn’t laughing anymore so she binge-watched comedies.
6. Post positive stories in the break room.
7. Take a vacation but don’t answer work phone calls, email or text messages.
8. A teacher told us she calls her office voice mail every Sunday and leaves herself a message “You are a rock star! You are going to have a great week.” Program Alexa to give you random positive personalized affirmations.
9. Go to a comedy club/seek out humor.
10. Volunteer.
11. Go to a professional development training out of town.
12. Take a break from social media.
13. A police officer told us he goes out to his deer stand not to hunt but to meditate.
14. “Forest therapy” – go for a walk in a forest letting the coolness, smell and silence wash over you.
15. Practice random acts of kindness.
16. Spend time with pets, chickens, etc.
17. A youth worker told us he intentionally goes to positive youth events in his community.
18. Revisit a hobby/craft that revitalizes you like painting, quilting, fishing, knitting.
19. Play with your children/grandchildren. Seek out a “baby fix”.
20. Keep a gratitude journal - write three things you are grateful for every day and what your life would be without it.
21. Cry, vent, get it out. Scream the F word if you have to!
22. Praise someone. Tell someone why they are special to you (face-to-face, email, letter).
23. Write down the reason why you got into the field you are working in and post it where you can see it.
24. Sleep.
25. Prayer/meditation. Focus on your breathing.
26. Plan on one thing you can look forward to every day. Put this in your calendar.
27. Lock up your cell phone for a certain amount of time (see Kitchen Safe).
28. Get out of your mind and into your body.
29. Create a Zen Museum. In photos in phone make an album of animals, funny pics, inspirational quotes, memes to help feel grounded. (from Whitney Cummings, comedian).
30. Seek out positive people.
31. Go to Happy Hour but do not talk about work.
32. Repeat this mantra…”This to shall pass.”
33. Tell a good friend or family member when you are on the “dark side” or they can tell you when you are.
34. Use Apps – Insight Timer.
35. Music
36. Nature
37. Don’t focus on the negatives – be mindful. Enjoy the present moment.
38. Learn something new.
39. Bubble bath with wine, a good book and a locked door.
40. Beach therapy.
41. Increase your exercise. Join an exercise class like “Twerkout”.
42. Set a date night with partner/put it into your calendar and go.
43. Less bitching, more hugs.
44. Think the opposite (what else could happen?).
45. Start a dance party. Have a 5 minute dance party at work.
46. Look for a new job. Collect job ads that you would like to apply for.
47. Take a Mental Health “sick day.”
48. Go to therapy. Use your Employee Assistance Program.
49. Utilize grounding techniques.
50. Balance. Understand you can’t go back to a rainbow and unicorn world view because of the work you have done but you can seek balance and restoration.