

**Pets 😊**

**Operation HOPE**

**Breathing exercises**

**Getting fresh air**

**Resting when needed**

**Understanding & respecting boundaries**

**Being alone/valuing time alone**

**Moving abroad**

**Vitamin B**

**Cleaning up**

**Taking a nap**

**Journaling thoughts**

**Listening to gospel music/YouTube affirmation videos**

**Access-a-ride**

**Eating Healthy**

**Physical Therapy**

**Financial Wellness Counselor**

**Wade’s meditations**

**Volunteer Tax Assistance Program**

**UIC Program**

**Friendships!**

**Keeping things organized**

**Keeping up with physical health**

**Nutritionist**

**Google**

**Pilates**

**Therapy**