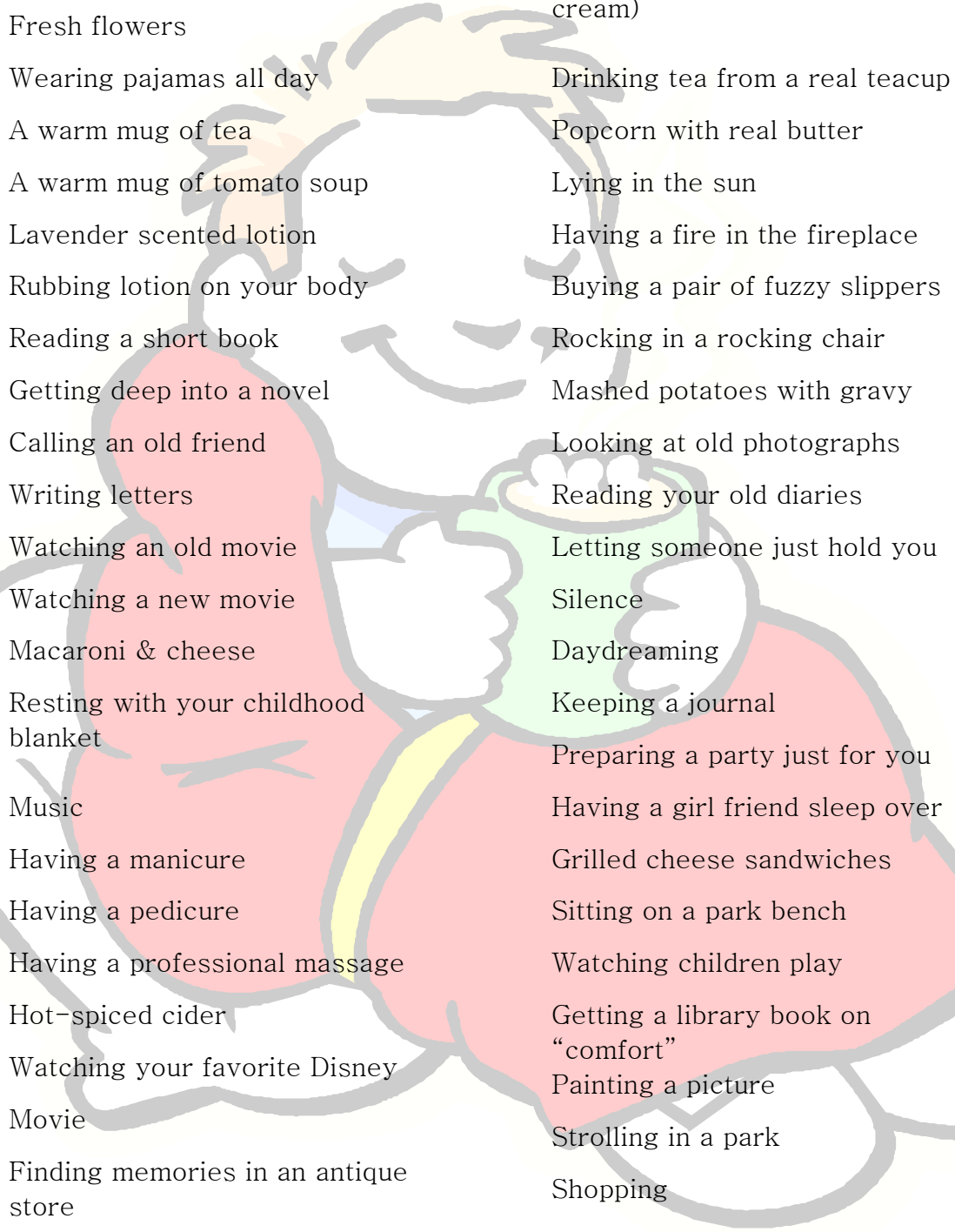


Nurturing Activities

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- Bubble baths
 - Lighted Candles
 - Incense
 - Fresh flowers
 - Wearing pajamas all day
 - A warm mug of tea
 - A warm mug of tomato soup
 - Lavender scented lotion
 - Rubbing lotion on your body
 - Reading a short book
 - Getting deep into a novel
 - Calling an old friend
 - Writing letters
 - Watching an old movie
 - Watching a new movie
 - Macaroni & cheese
 - Resting with your childhood blanket
 - Music
 - Having a manicure
 - Having a pedicure
 - Having a professional massage
 - Hot-spiced cider
 - Watching your favorite Disney Movie
 - Finding memories in an antique store
 - Feeding ducks
 - Hot chocolate (with or without marshmallows)
 - Apple pie (with or without ice-cream)
 - Drinking tea from a real teacup
 - Popcorn with real butter
 - Lying in the sun
 - Having a fire in the fireplace
 - Buying a pair of fuzzy slippers
 - Rocking in a rocking chair
 - Mashed potatoes with gravy
 - Looking at old photographs
 - Reading your old diaries
 - Letting someone just hold you
 - Silence
 - Daydreaming
 - Keeping a journal
 - Preparing a party just for you
 - Having a girl friend sleep over
 - Grilled cheese sandwiches
 - Sitting on a park bench
 - Watching children play
 - Getting a library book on "comfort"
 - Painting a picture
 - Strolling in a park
 - Shopping