

How to Feel Again

THINGS TO TRY

- 1) MOVIES (ESPECIALLY ONES YOU USED TO LOVE)
- 2) MUSIC (THE SONGS YOU USED TO LISTEN TO)
- 3) PLACES, EPIC PLACES (SOMETHING THAT MOVES YOU)
- 4) TAKE A DRIVE (SOMEWHERE OLD, SOMEWHERE NEW)
- 5) ANIMALS
- 6) TALKING TO SOMEONE, UNINVOLVED
- 7) WRITING OR ART (NO BOUNDARIES, NO JUDGMENT)
- 8) LISTEN TO YOURSELF

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