**Activities that keep you calm:**

**1. Nap happy**
- After the loss of your pet, you experience a short nap and then wake up to find the pet's body.

**2. Take a walk**
- You walk in the park and experience a sense of relief.

**3. Meditate**
- You close your eyes and focus on your breathing.

**4. Give green a chance**
- You go on a bike ride and feel refreshed.

**5. Get outside**
- You go for a hike and feel energized.

**6. Nap happy**
- You take a short power nap and feel refreshed.

**7. Take a walk**
- You take a walk in the park and feel relaxed.

**How to give meaningfully**

**1. Make time for prayer**
- You spend time in prayer and feel a sense of peace.

**2. Give green a chance**
- You go on a nature walk and feel energized.

**3. Get outside**
- You go for a hike and feel relaxed.

**4. Nap happy**
- You take a short power nap and feel refreshed.

**5. Take a walk**
- You take a walk in the park and feel relaxed.

**6. Meditate**
- You close your eyes and focus on your breathing.

**7. Give green a chance**
- You go on a bike ride and feel refreshed.

**How to recharge and refresh**

**1. Nap happy**
- In the hours of your job, you experience a short nap and then wake up to find the pet's body.

**2. Take a walk**
- You walk in the park and experience a sense of relief.

**3. Meditate**
- You close your eyes and focus on your breathing.

**4. Give green a chance**
- You go on a bike ride and feel refreshed.

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**7. Take a walk**
- You take a walk in the park and feel relaxed.

**Awesome NYT Bestsellers to read**

**AMNESTY**
- By Arundhati Roy
- About a female web-obsessed criminal

**GOLDEN GATES**
- By Joyce Carol Oates
- About a female web-obsessed criminal

**GROWN UPS**
- By Emma Donoghue
- About a female web-obsessed criminal

**COOL TOWN**
- By Ben Macintyre
- About a female web-obsessed criminal

**THE ONLY GOOD INDIAN**
- By Stephen Graham Jones
- About a female web-obsessed criminal

**How to give meaningfully**

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**The Fire in Your Eyes**

**Quiz Time**

**1. A professor who once played in a band in the 80s and 90s.**
   - Choice A: A professor who once played in a band in the 80s and 90s.

**2. "Grown Ups" by Emma Donoghue...**
   - Choice A: "Grown Ups" by Emma Donoghue.

**3. The Upcoming of 1877 was described...**
   - Choice A: The Upcoming of 1877 was described.