

Making Friends with your Tiger

- **Observe points of posture**
- **Clearing Breaths**
- **Draw up**
- **Meditate**
- **Laugh whenever you can**
- **Sing, chant, make vibrations**
- **Move/walk deliberately and gracefully whenever possible**
- **Speak deliberately, and allow pauses**
- **Tonglen**
- **Sleep until you're done sleeping**
- **Yoga**
- **T'ai Chi**
- **Qigong**
- **Get warm**
- **Limit stimulant consumption**
- **Play**
- **Explore, be curious.**
- **Step a little outside your comfort range every day.**
- **Rescript**
- **Dance**

- **Walk**
- **Play music**
- **Theater**
- **Martial arts**
- **Motorcycle**