

# YUtime Checklist

As you start to make nebulizing part of your daily routine, use this time to do something you enjoy. This card is full of ideas for how to do it.

Print it out and keep it handy to help you make nebulization time *YUtime* every day.

- Watch a few minutes of your favorite TV show
- Catch up on the news
- What's the forecast? Watch the weather report to plan your day
- Play a game on your phone or tablet
- Play a board game with a loved one
- Meditate (you can find guided meditations online)
- Simply relax and enjoy a few minutes to yourself
- Check in with friends and loved ones on social media
- Add a few more pieces to a jigsaw puzzle
- Tune in! Listen to the radio, an album, or a podcast
- Tap into your inner artist—draw, paint, or try an adult coloring book

Or do your own thing—make a list of ideas here:

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