



# Zentroller©

## USER MANUAL

Thank you for purchasing the  
Zentroller© Silent Communicator

### List of 100 therapy tips and tips for a happy life

- Take Care of Business First. ...
- Bring ALL Your Emotions. ...
- Stay Focused on YOU. ...
- Find the Right Therapist. ...
- Try to Connect With Your Therapist. ...
- Do Routine Check-Ins. ...
- Don't Stay in a Bad Relationship. ...
- Look For Themes and Patterns.
- Think about what you want to get out of therapy. ...
- Make a short list of therapists you're interested in.
- Schedule consultations. ...
- Go to your first appointment with an open mind. ...
- Talk about your next session. ...
- Be prepared for your next session. ...
- Keep the dialogue open.
- Manage your stress levels. If you have a lot of stress in your life, find ways to reduce it, such as learning a few time-management techniques. ...
- Enjoy yourself. ...
- Boost your self-esteem. ...
- Have a healthy lifestyle. ...
- Talk and share. ...
- Build your resilience.
- Just breathe (slowly!)
- Give back and help others.
- Become more grateful.
- Take a social media break.
- Reconnect with old friends and make new ones.

- Take 10 deep breaths. This might sound trivial at first. ...
- Smile. It's a cliché for a reason. ...
- Appreciate yourself. ...
- Meditate. ...
- Spend time with your loved ones. ...
- Go Outside. ...
- Put down your phone. ...
- Exercise.
- Use Zentroller!
- Sleeping in a freshly-made bed
- Feeling the sun on your face
- People saying "thank you" or a random act of kindness from a stranger
- Finding money in unexpected places
- Having time to myself
- Laughing so hard it hurts
- Snuggling on the sofa with a loved one
- Freshly-made bread
- Doing something for others
- The clean feeling after a shower
- When your favorite song comes on the radio
- Finding a bargain in the sales
- Listening to the rainfall/thunderstorms when you're inside
- Freshly-brewed tea/coffee
- The thrill of personal achievement
- Having a long hot bath
- Seeing a fresh coating of snow
- Freshly-cut grass
- Chocolate melting in your mouth
- Doing something active outdoors (e.g. bike ride, run, country walk)
- Bacon cooking in the morning
- Talking to or playing with your pet
- A soothing massage
- That "Friday feeling"
- A perfectly-cooked steak
- Waking up before the alarm and realizing there's more time to sleep
- Doing exercise
- Rainbows
- Remembering the name of something/someone you thought you'd forgotten
- Making a perfectly-baked cake/pie
- Stepping on crunchy autumn leaves
- Popping bubble wrap
- Swimming in the sea/lake
- New car smell
- Dancing like no one is watching
- The smell of new books/magazines
- Smell of a fine wine
- Putting your "Out of Office" on before going on holiday
- Putting on a brand new pair of socks
- Watching your breath float away in cold air
- Getting new stationary
- Singing in the shower
- Getting a seat on the bus/train/subway
- Picking an easy peel orange from the fruit bowl
- Loosening your jeans after you've eaten
- The "pop" when you open a new jar of jam
- Squeezing a [pimple]
- Cleaning the wax from your ears
- Cleaning the bathroom

A Net Diatom Ideas Lab Product

