



Forward Steps in Life

I've compiled 10 tips for "Dealing with the Doldrums" which may be adapted to your lifestyle, routine and responsibilities. *Note: Try them all!

- 1) **Get outside!** Even if it is cold or cloudy, go outside for a walk. Double your time outside when the sun is shining and skies are clear.
- 2) **Switch up routines** by having dinner for breakfast or visa versa.
- 3) **Delay being caught in screen time**, by using your hands to complete a task (i.e. food prep, garden, sort, re-organize, sketch, bake, design)
- 4) **Send a handwritten card/note** to a friend, family member, or colleague. Include sayings, mottos or quotes that are encouraging.
- 5) **Listen to music** that motivates, inspires or soothes you. Music is a powerful and universal medium that literally changes your brain.
- 6) **Bring live greens** into your home or workspace. They absorb the carbon dioxide we breathe out, and emit life giving oxygen we need.
- 7) **Move your body** right where you are. Shift your weight, position to move your toes, feet, hands, wrists. Stand up and stretch 3 x/s day.
- 8) **Create a "staycation"** that includes the whole family or just yourself. Use assorted materials or images to help design your vision/plan.
- 9) **Make a "no bake"** treat to give away, surprise a neighbor, the delivery person, or for those who do volunteer work at community centers.
- 10) **Start an in-person Jigsaw puzzle** or game night, instead of TV time.



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For more support with your Life Balance, contact Joan at www.forwardstepsinlife.com