

Ten Tools to Chase Away the Blahs

1. Stretch your arms wide – Sound of Music Style and breathe deeply. Repeat twice.
2. Look in a mirror and smile, genuinely.
3. First thing in the morning say, *“I greet the day with genuine cheerfulness”*. Repeat until you actually do.
4. Write down three things you are grateful for. Do it again tomorrow, and the next day, and the next... never repeating.
5. Think of every person, every instance, every thought that has come your way that has wished you well; loved you; served you or brought you joy or will in the future. Feel yourself surrounded by this cushion of goodness, it never dissipates, it is always there surrounding you, asking you to notice it. Close your eyes and notice, feel it, be surrounded by each and every memory.
6. Expect the Unexpected (Serendipity)
7. Pray, but differently than ever before. Be completely honest. Tell the Lord (Or a friend if you are not a spiritual person) exactly where you are at this moment. If you are lonely, say so. If you are feeling tired, burdened, cheerful, hopeful... anything. Just look deeply for the word that feels best describes where you are.
8. Notice your Resources. List them. This is your personal toolbox. What is inside it, is what you have available to use. Are there things missing that you need? Write down a way that you may begin to acquire them.
9. Envision yourself as a finished masterpiece. See every detail of your emotional, physical, social, spiritual and intellectual health. Smile at the beauty and perfection that is you. Enjoy the vision, allow yourself the peek into your future.
10. Share something you've learned with another person.

