

**16 ways to
calm yourself
when life is
getting tough...**

(Swipe Left)

1. Walk: Walking helps clear your mind. It offers you a different perspective.

2. Indulge: Take a day off to spend a whole day doing exactly what you want.

3. Be Generous: Give something to a total stranger. Acts of giving make us feel warm and fuzzy inside.

4. Sit in a coffee shop or a busy street and soak up your surroundings. You don't have to talk to people.

5. Educate yourself: research what it is you are experiencing. Arm yourself with knowledge and the resources to tackle the problems head-on.

6. Preparation: Write the day's to-do list the evening before.

7. Strengths: Write down a list of 20 of your strengths.

8. Keep going forward: Keep taking small steps, no matter what. Being stagnant doesn't serve you.

9. Re-visit an old hobby: If you don't have one, create one.

10. Prioritize: Decide what's important right now. Say no to extra obligations.

**11. Sleep: Get enough rest.
Sleep 7-9 hours each night.**

**12. Be silly: Do something that
you did as a child. Don't take
life too seriously.**

13. Cry: Release all that emotion. You will feel better.

**14. Check your self-talk.
Negative self-talk does not
serve you.**

15. Journal: Develop a habit of journaling. This will help free your mind.

16. Remind yourself that life is a journey. Remember that what you are going through is temporary, It will pass.



HAVE
A
GREAT
DAY

Share it with others