

## 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.

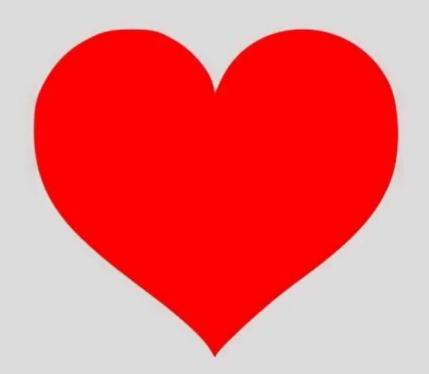
- 11. Sleep: Get enough rest. Sleep 7-9 hours each night.
- 12. Be silly: Do something that you did as a child. Don't take life too seriously.

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.



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@Rhitikthapa