

10 Bonus Ideas to help Life your Mood!

1 .TAKE A BREAK AND READ A NON-BUSINESS BOOK.

2. SAY NO TO TIME-CONSUMING WORK PROJECTS THAT DOES NOT MAKE YOU ANY/MUCH MONEY OR TAKE TO MUCH TIME AWAY FROM YOUR FAMILY.

3. SAY NO TO SOCIAL ACTIVITIES THAT MAKE YOU FEEL AWFUL. ONLY SPEND TIME WITH PEOPLE WHO LIFT YOU UP!

4. SAY NO TO NEGATIVE PEOPLE AND ENERGY VAMPIRES. THEY DO NOTHING GOOD FOR YOUR HEALTH OR YOUR MOOD. REMEMBER LIFE IS SHORT — SPEND IT WITH CARING AND KIND PEOPLE.

5.GET PLENTY OF DAYLIGHT OR INVEST IN A LIGHT THERAPY LAMP.

6.PRACTICE VISUALIZATION OR MEDITATIONS. FIND GUIDED VISUALIZATIONS ON ITUNES, SPOTIFY

7 .PRACTICE MINDFULNESS. JOIN A MINDFULNESS COURSE IN YOUR LOCAL AREA OR PRACTICE IT AT HOME BY DOING A GUIDED 20-30 MIN. “BODY SCAN MEDITATION” BUY AND DOWNLOAD IT FROM ITUNES OR FOR A FREE MIND-BODY SCAN TRY THIS ONE. THIS IS POWERFUL STUFF IF DONE ON A DAILY BASIS.

9. GET GOOD NIGHTS SLEEP IN A COOL, CLEAN AND FRESH ROOM. CLEAN UP YOUR BEDROOM, PUT ON SOME PRETTY CLEAN SHEETS, REMOVE ALL CLUTTER, TURN OF THE TV + YOUR TABLETS. IF YOU NEED HELP FALLING ASLEEP, LISTEN TO A STORY, READ A BOOK OR LISTEN TO A SLEEP-MEDITATION.

10 TAKE A RELAXING BATH USING EPSOM SALT. EPSOM SALT HELPS RELIEVE STRESS AND EASE MUSCLE PAIN. ADD AT LEAST 1 CUP OF EPSOM SALT TO A WARM BATH AND SOAK FOR 20 MINUTES — ONE OF THE EASIEST WAYS TO GET A QUICK BOOST.