

Relax

WHEN YOU ARE WORRIED OR STRESSED, your body and mind get tense. Without even realising it, you will stop breathing deeply and maybe even start holding your breath. These unconscious reactions to stress just make things seem worse. Focus now on taking a slow, deep inhalation and then a slow, full exhalation. This is how you relax. Relaxed bodies and minds cope with challenging situations much more easily than those that are stressed out. You are also going to find a solution to any problem more quickly when you are calm.

Do Something Different

IF YOU WANT TO FEEL DIFFERENT,
then do something different. When you can't see a way out of a confusing dilemma, it's time to shake things up! Even if you start with one change to your daily routine, that's enough. When we do something different, we set a different outcome in motion. Remember that insanity is repeating the same thing and expecting a different outcome. Change some of the ingredients in the recipe of your life and you can transform it from sour to sweet.

Walk Away

SOMETIMES THE BEST WAY

to gain peace of mind and a better perspective is to get some distance. Step back. Try to stop thinking about the situation for at least a few hours. If it is practical to take a longer break from dealing with the issue, at least a few days, then do that. When you have some distance, you can look at the situation more objectively, perhaps from a higher perspective, and the best choice to make becomes clear.

Laugh

YOU MIGHT THINK YOU SHOULD

only laugh when times are good, but you need laughter even more when times are difficult. Don't be afraid to laugh when life gets challenging. Laughter releases feel-good hormones into your body and when you feel good, it's easier to have a positive attitude. A positive attitude is going to help you see a solution. A negative attitude will stop you from believing that there is a solution. You'll think it is hopeless and give up trying. That's not going to get you very far. So find a way to laugh instead. A laugh a day keeps negativity away.