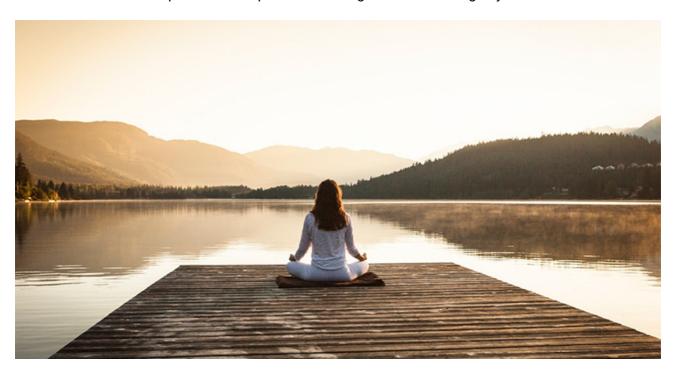
10 Tips to Overcome Life's Ups and Downs

Life can be a mess. Life can be unpredictable, sloppy and downright chaotic. Here are 10 ways to cope with the unpredictable things that are coming at you!



\bigcirc	Relax. Relaxation is a technique to regularly cope with stress and prevent depression.
\bigcirc	Get Moving. Walk, run, hike, get out in the fresh air. Shake it up and change your surroundings.
\bigcirc	Socialize. Join other people who share a passion that you have.
\bigcirc	Commune with Nature. Nature is healing even if it is sitting in a chair and looking at the trees.
\bigcirc	Laugh Regularly. Laughter will always turn a bad attitude or outlook into a good one.
\bigcirc	Eat Well. Yes, eat balanced meals. Decrease alcohol, caffeine and sugar. Put down the Cheetos!
\bigcirc	Sleep. Set a schedule to go to bed at a regular time each night and stick to it.
\bigcirc	Become a "Glass Half-Full" Person Practice giving energy to positive thoughts instead of negative ones.
	Find Meaning. Help someone else. Volunteer. Focus your energy on helping others.

Powerful Tip: Keep in mind that nothing is forever! This too shall pass. Time heals all things.