

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!



- ☐ **Relax.** Relaxation is a technique to regularly cope with stress and prevent depression.
- ☐ **Get Moving.** Walk, run, hike, get out in the fresh air. Shake it up and change your surroundings.
- ☐ **Socialize.** Join other people who share a passion that you have.
- ☐ **Commune with Nature.** Nature is healing even if it is sitting in a chair and looking at the trees.
- ☐ **Laugh Regularly.** Laughter will always turn a bad attitude or outlook into a good one.
- ☐ **Eat Well.** Yes, eat balanced meals. Decrease alcohol, caffeine and sugar. Put down the Cheetos!
- ☐ **Sleep.** Set a schedule to go to bed at a regular time each night and stick to it.
- ☐ **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.