

## **Ways to Lift Your Spirits, Boost Your Mood Revitalize Yourself, Banish the Blues**

Suggestions from Mike Garofalo from Red Bluff, California

Be grateful for the good in your life.  
Give yourself permission to be human.  
Brighten someone's day.  
Learn something new.  
Listen to upbeat music.  
Do some exercise on a regular basis.  
Simplify your life, remove clutter, and clean.  
Go for a walk.  
Enjoy sex and discover romance.  
Get organized.  
Do a good deed or volunteer.  
Smile and put on a happy face.  
Indulge your senses.  
Seek and cultivate beauty.  
Take time to breathe deeply.  
Look at some old photos.  
Focus on the positive.  
Forgive yourself.  
Get some fresh air.  
Eat often and eat light.  
Begin a program of meditation or contemplation.  
Talk with your physician or counselor.  
Cook and prepare a lovely and tasty meal.  
Eat something nutritious like nuts or fruit.  
Pamper yourself.  
Alter your routines in some way.  
Have confidence.  
Talk with your spouse.  
Fake it till you make it.  
Sign a song out loud.  
Tap into your creative side.  
Take up a mind-body practice like Taijiquan, Qigong or Yoga.  
Inhale a calming scent.  
Sit quietly, rest, or sleep.  
Brainstorm a problem for solutions.  
Avoid bad or negative companions, and find good friends.  
Watch a good non-violent movie.  
Work in the garden.  
Cool down strong emotions.

Take some vacation time for relaxation and retreat.  
Look on the Bright Side.  
Small steps of progress are better than no steps.  
Avoid watching the news for a week.  
Don't take yourself too seriously.  
Focus on past successes, not failures.  
Create a wish list and make one wish come true.  
Explore ways to boost your self-esteem.  
Focus on what you can control and what you can change.  
Get some more sunlight on your body.  
Choose your attitude and how you will react to life's events.  
Spend less, avoid shopping.  
Stop all cussing, swearing, or rude language.  
Keep a journal or express yourself in writing.  
Go easy on yourself and yield.  
Count your blessings.  
Spend some time with children.  
Take a long shower or refreshing soaking bath.  
Get relevant and accurate information.  
Chat with a friendly person or neighbor.  
Things change and time heals.  
Adapt, adapt, adapt.  
Agree to disagree; you don't need to win every argument.  
Think fast.  
Consider vitamin or herbal supplements that lift mood.  
Seek professional help for serious mental health problems.  
Read something inspiring.  
Avoid comparing yourself to others, and envy is a waste of time.  
Seek spiritual support or pray.  
Evaluate and revise your goals.  
Don't sweat the small stuff.  
Pet your dog or cat and care for them.  
Get a massage.  
Enjoy a non-competitive sport.  
Try fasting or staying up all night.  
Donate your stuff, your skills, or your time.  
Forgive and forget.  
Dance till you are tired.  
Punch a bag or bang on a drum.  
Stop using any recreational drugs.  
Abandon false ideas and unrealistic aims.  
Enjoy a refreshing drink.  
Make someone laugh.  
Allow yourself to be eccentric, and enjoy some silly thoughts.

Have a bowl of soup or a cup of tea.  
Less talking and more doing.  
Get up, dress up, and show up.  
Observe nature carefully and respectfully.  
Visit your public library and borrow some beautiful books.  
Be less self-centered and selfish.  
A spiritual advisor, rituals, or religious beliefs can sometimes help.  
Love expands your horizons of caring and happiness.  
Accept the fact that some things are broken and can't be fixed.  
Memorize an inspirational saying, prayer, poem, or quote.  
Call or visit a sick person.

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Cloud Hands Blog:  
<http://mpgtaijiquan.blogspot.com/>

Lifestyle Advice for Wise Persons:  
<http://www.egreenway.com/qigong/advice1.htm>

Valley Spirit Qigong:  
<http://www.egreenway.com/qigong/index.htm>