1. **Surround yourself with positive people.** Who you surround yourself with is who you tend to become. If you subject yourself to negative people, insecure or destructive, it will affect you. Regardless of your strength as an individual, you are not immune to negative energy or bad influences. Your friendships, just like everything in your life, need reassessing from time to time to see if those friendships are still working for you. Your friends should bring out the best in you, as you should bring out the best in them.

2. **Find things that bring you joy.** Take inventory of your interests, write down some things you have always wanted to do “your bucket list”, but never have, consider taking a career assessment. Don’t live unhappily - find things you enjoy and keep doing them!

3. **Put down your phone and/or turn off the TV.** It may seem relaxing to sit down and binge watch your favorite show all weekend long, or mindlessly scroll through facebook, these may not be the best things for you. Watching television is a sedentary activity that frequently goes hand-in-hand with eating, our bodies are designed for movement and fresh air. The images you see on your phone are what others want you to see; real, embellished, or a version of the truth. We tend to compare our lives with what we see on social media which brings on anxiety, depression, loneliness, low self worth... So, take binging in stride and don’t make it habitual.

4. **Focus on what you have.** Be grateful for what you do have, start a gratitude journal, work toward writing three things you are grateful for each day in your journal. Think about the loved ones that are in your life, as well as the roof over your head, and even things taken for granted like running water. Turn your worrying or wishing for things you don’t have into gratitude for everything you already do have.

5. **Focus on food.** Good food, that is! During difficult times, we tend to crave carbohydrates and sweets. In these times of stress consciously make an effort to include your favorite fruits which can satisfy those cravings, helping to regulate blood sugar dips and spikes of an emotional rollercoaster. Make meals special, eat at a table, invite someone to dinner, try a new food or recipe, as our bodies require nourishment to carry us through life’s journey. Most importantly, you are worth taking care of.

I encourage you to stop thinking about all the things wrong in your life, and refocus on more things that are right! **Achieve what you want in life and relationships.**

Adults, couples, child & family counseling.

**SCHEDULE AN APPOINTMENT**